

#### June 1, 2025 Sunday

## **Daily** Menu

SOUP

CREAM OF PUMPKIN SOUP 19 calories \*soup for pre-order only (Pumpkin, Salt, Pepper, Garlic, Onion, Flour, Butter, Veg.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 **OPTION 1** 

**BEEF STROGANOFF** 147 calories

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

MAIN DISH **OPTION 2** 

**CHICKEN BARBEQUE** 191 calories

(Chicken, Onion, Garlic, BBQ Sauce, Salt, Pepper, soya sauce, Sugar, Tomato ketchup, Spring Onion)

WHITE RICE 136 calories

(Basmati Rice, Salt, Corn Oil)

SIDE DISH

**ROASTED GARLIC POTATO 87 calories** 

(Potato, Garlic, Butter, Herbs, Basil, Salt, Pepper)

**VEGETARIAN** 

**CHICKPEAS CURRY** 272 calories

(Chick Peas, Onion, Ginger Garlic Paste, Beet Root, Oil, Coriander Leaves, Masala powder, Cinnamon

Stick, Green Chilly, Tomato, Salt)

**PASTA** 

**CHICKEN PRIMAVERA PASTA 138 calories** 

(Chicken, Butter, flour, Onion, Garlic, Milk, Fresh Cream, Pasta, Carrot, Zucchini, Capsicum,

Parmesan, Parsley)

1 SMALL PORTION QAR 19.00









#### June 2, 2025 Monday

## Daily Menu

SOUP CHICKEN N' SWEETCORN SOUP 56 calories \*soup for pre-order only

(Chicken, Sweet Corn, Onion, Garlic, Salt, Pepper, vegetable stock, Corn 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 CASSEROLE 158 calories

(Chicken, Tomato, Tomato paste, Onion, Garlic, Oregano, Parsley, Basil, Mozzarella cheese)

WHITE RICE 136 calories

(Basmati Rice, Salt, Corn Oil)

SIDE DISH ROAST VEGETABLE 146 calories

(Potato, Carrot, Bell pepper, Sweet Potato, Pumpkin, Butter, 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 ARRABIATTA 91 calories

(Penne, Tomato paste, Basil, Peeled Tomato, Parsley, capsicum, Eggplant, Red sauce, chicken)

1 SMALL PORTION QAR 19.00











#### June 3, 2025 Tuesday

### **Daily** Menu

SOUP

**CREAM OF MUSHROOM SOUP** 64 calories \*soup for pre-order only

(Mushroom, Cream, Salt, Pepper, Onion, Garlic, Butter, Flour, Veg 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 MONGOLIAN** 153 calories

(Beef, Brown Sugar, Onion, Garlic, Capsicum, Salt, Pepper, Soya sauce, Oyster Sauce, Spring Onion, Corn Flour)

WHITE RICE 136 calories

(Basmati Rice, Salt, Corn Oil)

SIDE DISH

**BUTTERED VEGETABLE** 62 calories

(Carrot, Zucchini, Broccoli, Cauliflower, Butter, Salt, Pepper)

**VEGETARIAN** 

**VEGETABLE LASAGNA** 188 calories

(Lasagna Sheet, Celery, Capsicum, Marrow, Cheddar cheese, Mozzarella cheese, Salt, Pepper, onion,

Garlic, Egg plant, Sweet corn)

**PASTA** 

**BAKED MACARONI** 238 calories

(Macaroni Pasta, Butter, Flour, Milk, Cream, Parsley, Parmesan Cheese, Cheddar Cheese,

Oregano, Salt, Pepper)

**1** SMALL PORTION **QAR 19.00** 









#### June 4, 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

**GRILLED CHICKEN WITH PEPPER SAUCE** 138 calories

(Chicken, Butter, Garlic, Parsley, Salt, Pepper, Cooking Cream)

MAIN DISH OPTION 2

FISH IN GOURMET SAUCE 184 calories

(Fish, Onion, Butter, Garlic, Bay leaves, Mushroom, Carrot, Zucchini, Leeks, Black pepper,

Cream, Lemon Juice)

WHITE RICE 136 calories

(Basmati Rice, Salt, Corn Oil)

SIDE DISH

**GRILLED VEGETABLE** 73 calories

(Carrot, Capsicum, Marrow, White Onion, Soya Sauce, Balsamic Sauce, Salt, Pepper, Oil)

VEGETARIAN

**VEGETABLE AU GRATIN** 133 calories

(Mix Vegetable, Cream, Salt, Pepper, Flour, Mozzarella Cheese, Sweetcorn, Garlic, Onion)

**PASTA** 

**CHICKEN PRIMAVERA PASTA** 138 calories

(Chicken, Butter, flour, Onion, Garlic, Milk, Fresh Cream, Pasta, Carrot, Zucchini, Capsicum,

Parmesan, Parsley

1 SMALL PORTION QAR 19.00







#### **June 15, 2025 Sunday**

## **Daily** Menu

SOUP

**FRENCH ONION SOUP** 19 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 OPTION 1

**GRILLED BEEF IN MUSHROOM SAUCE** 154 calories

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

MAIN DISH OPTION 2

CHICKEN AFRITADA 182 calories

(Chicken, Potato, Carrot, Onion, Garlic, Tomato Ketchup, Tomato Paste, Brown Sugar, Bay leaves, Red Capsicum, Salt, oil)

WHITE RICE 136 calories (Basmati Rice, Salt, Corn Oil)

SIDE DISH

**HERB AND GARLIC POTATO 88 calories** 

(Potato, Garlic, Butter, Herbs, Basil, Salt, Pepper)

**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, Pasta, Milk, Cream, Oregano, Parsley, Onion, Garlic,

Butter, Flour)

1 SMALL PORTION QAR 19.00











#### **June 16, 2025 Monday**

### **Daily** Menu

SOUP HOT N' SOUR SOUP 15 calories \*soup for pre-order only

(Cabbage, Leeks, Carrot, Lemon Grass, Veg. Stock, Soy sauce, salt, Pepper)

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 GRILLED CHICKEN WITH LEMON AND BUTTER 244 calories

(Chicken, Lemon, Butter Garlic, Pepper, Parsley, Chicken Stock, Salt)

**CORN N' PEPPER RICE** 129 calories

(Rice, Capsicum, Corn, Oil, Salt, Cinnamon stick, Bay leaves, Cardamon, Cloves, Pepper)

SIDE DISH ROAST VEGETABLE 146 calories

(Potato, Carrot, Bell pepper, Sweet Potato, Pumpkin, Butter, 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 188 calories

(Spaghetti, Minced Beef, Onion, Garlic, Salt, Pepper, Celery)

1 SMALL PORTION QAR 19.00











#### June 17, 2025 Tuesday

### **Daily** Menu

SOUP

**MEXICAN BEANS SOUP** 61 calories \*soup for pre-order only

(Red Beans, White Beans, Kidney Beans, sweet Beans, Carrot, marrow, Leeks, Veg stock, Po-

tato, Salt, Pepper)

1 SMALL BOWL QAR 7.75

2 BIG BOWL OAR 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 TERIYAKI** 138 calories

(Chicken, Tomato, Lettuce, Tahina, Honey, Soya Sauce, Oyster Sauce, Teriyaki Sauce)

WHITE RICE 136 calories

(Basmati Rice, Salt, Corn Oil)

SIDE DISH

**POTATO WEDGES** 134 calories

(Potato, Olive oil, Garlic powder, Onion powder, Paprika Powder, Pepper, Parsley)

VEGETARIAN

**RED BEANS CURRY** 321 calories

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

**PASTA** 

**BAKED BOLOGNESE RIGATONI** 285 calories

(Pasta, Minced beef, Tomato paste, Tomato sauce, Garlic, Olive Oil, Sugar, Pepper, Oregano,

Parsley, Cheese, Salt)

1 SMALL PORTION QAR 19.00









#### June 18, 2025 Wednesday

## **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 OPTION 1 **BEEF STEW** 162 calories

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

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 136 calories

(Basmati Rice, Salt, Corn Oil)

SIDE DISH

STEAMED VEGETABLE 28calories

(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** 121 calories

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

1 SMALL PORTION QAR 19.00











#### June 19, 2025 Thursday

## Daily Menu

SOUP

**LENTIL SOUP** 155 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

3 HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH

**BUTTER CHICKEN** 176 calories

(Chicken, Onion, Tomato, Butter, Garam masala, Chat masala, Honey, Cumin powder, Chilli powder, Kasturi Methi, Tomato Puree, Cinnamon Stick, Bay leaves, Cardamon, Cream, Salt, Pepper, Yoghurt)

WHITE RICE 136 calories (Basmati Rice, Salt, Corn Oil)

SIDE DISH

**GRILLED VEGETABLE** 73 calories

(Carrot, Capsicum, Marrow, White Onion, Soya Sauce, Balsamic Sauce, Salt, Pepper, Oil)

**VEGETARIAN** 

**POTATO AND CARROT CURRY** 116 calories

(Potato, Carrot, Onion, Garlic, Coriander Powder, Cumin Powder, Turmeric Powder)

**PASTA** 

**CHERRY TOMATO SAUCE PASTA** 216 calories

(Pasta, Butter, Olive Oil, Onion, Garlic, Cherry Tomato, Tomato sauce, White sauce, Cooking Cream, Oregano, Salt, Black pepper, Parsely, Parmesan cheese, Basil Leaves)

1 SMALL PORTION QAR 19.00









#### June 22, 2025 Sunday

## **Daily** Menu

SOUP

**CREAM OF PUMPKIN SOUP** 19 calories \*soup for pre-order only (Pumpkin, Salt, Pepper, Garlic, Onion, Flour, Butter, Veg. 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 OPTION 1 **BEEF STEW** 162 calories

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

MAIN DISH OPTION 2

CHICKEN FAJITA 227 calories

(Chicken, Capsicum, Onion, Garlic, Coriander Leaves, Coriander powder, Cumin, Chilli Powder, Olive oil, Garlic Paste, Salt, Pepper, Red Sauce)

WHITE RICE 136 calories (Basmati Rice, Salt, Corn Oil

SIDE DISH

**LAYONNAISE POTATO** 72 calories

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

VEGETARIAN

STIR FRY VEGETABLE 72 calories

(Carrot, Capsicum, Cabbage, Zucchini, White Onion, Garlic, Ginger, Soya sauce, Oyster Sauce, Corn flour, Salt, Pepper, Vegetable cube, Oil)

**PASTA** 

**CREAMY CHICKEN CARBONARA** 121 calories

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

1 SMALL PORTION QAR 19.00









#### June 23, 2025 Monday

## **Daily** Menu

SOUP

**EGGDROP SOUP** 21 calories \*soup for pre-order only

(Eggs, Sweet Corn, Veg stock, Carrot, Leeks, Salt, Pepper, Garlic, Onion, corn flour, spring

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

**CHICKEN BARBEQUE** 191 calories

(Chicken, Onion, Garlic, BBQ Sauce, Salt, Pepper, soya sauce, Sugar, Tomato ketchup,

Spring Onion)

WHITE RICE 136 calories

(Basmati Rice, Salt, Corn Oil)

SIDE DISH

**BUTTERED VEGETABLES** 57 calories

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

**VEGETARIAN** 

**CREAMY BAKED VEGETABLES** 75 calories

(Carrot, Cauliflower, Broccoli, Marrow, Onion, Garlic, Cooking Cream, Mozzarella,

Butter, Flour, Milk)

**PASTA** 

**SPAGHETTI BOLOGNESE** 188 calories

(Spaghetti, Minced Beef, Onion, Garlic, Salt, Pepper, Celery)

1 SMALL PORTION QAR 19.00









#### June 24, 2025 Tuesday

## **Daily** Menu

SOUP

**BEEF VEGETABLE SOUP** 38 calories \*soup for pre-order only (Beef, Carrot, Potato, Celery, Cabbage, Garlic, onion, Salt, Pepper, Veg. 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

**BEEF TERIYAKI** 136 calories

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

WHITE RICE 136calories (Basmati Rice, Salt, Corn Oil)

SIDE DISH

**ROAST VEGETABLE** 146 calories

(Potato, Carrot, Bell pepper, Sweet Potato, Pumpkin, Butter, Olive Oil, Salt, Pepper, Parsley)

**VEGETARIAN** 

**VEGETABLE JALFREZI** 120 calories

(Oil, Onion, Carrot, Tomato, Capsicum, Cauliflower, Cumin Seeds, Ginger, Green Chilly, Chilli Powder, Cumin Powder, Garam masala, Coriander leaves, Tomato Ketchup, Kasuri)

**PASTA** 

MAC N' CHEESE 339 calories

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

Cheddar Cheese)

**1** SMALL PORTION **QAR 19.00** 



