

## To start with

### **Wild Mushroom Quiche**

Served with fresh lettuce & blue cheese dressing

165 calories-80cholesterol

120.00LE

### **Light and Healthy**

Red lettuce I Rucola I Tomato I Carrot I Mushroom

Served with one of your choice:

Poached fish fillet **OR** Poached salmon **OR** Boiled chicken breast

(299 calories-40cholesterol) (199 calories-43cholesterol) (272 calories-4cholesterol)

200.00LE

275.00LE

250.00LE

### **Breast Duck**

Served with mix leaves salad and black lentil and orange slices

460 calories-0cholesterol

350.00LE

### **Veal and Vegetables Soup**

Served on top of slow cooked vegetables in veal broth.

120 calories-28cholesterol

140.00LE

### **Vegetrian Minstrone Soup**

Healthy and low- fat vegetables, Slowly simmered for maximum flavour.

120 calories-28cholesterol

120.00LE



'For those who have food allergies, please inform your waiter. We will be happy to discuss any necessary changes'

All prices shown are in Egyptian pounds and include VAT.

## Fork & Knife

### Chicken with Grilled Vegetables

Served with Low fat labna I Cucumber I mint sauce.

234 calories-5cholesterol

350.00LE

### Grilled Norwegian Salmon

Served with sauteed spinach I Arugula sauce.

199 calories-43cholesterol

375.00

### Grilled Fish

Served with Low-fat yougurt I Corinder I Crispy vegetables.

299 calories-40cholesterol

350.00

## Sweet Endings

### Barbecued Fruit Skewers

Served With Gingered orange dipping sauce I Lemon sorbet.

660 calories-0cholesterol

150.00

### Cheese Cake (Sugar Free)

Served with Oatmeal I Strwebery topping.

554 calories-2cholesterol

150.00



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