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SET MENU 1

all our dishes are gluten-free - 250 egyptian

soup. *Two soup options are offered daily:*

Lesan Asfour Soup

gluten free orzo (GF) | carrots | peas | - chicken stock

Green Goodness Soup

broccoli | spinach | potatoes | herbs

Mushroom Soup

mushroom | leeks | coconut milk | herbs

Tomato Soup

tomato | carrots | celery | herbs

salad. *8 salad options are offered daily:*

Baba Ghanoush

yogurt | tahini | grilled aubergine | garlic | cumin | olive oil

Yogurt with Cucumber & Mint

yogurt | cucumber | mint | lemon

Tahini

tahini | cumin | garlic | vinegar | lemon

Fattoush

mix greens | sumac | onion | radish | toasted bread (GF)

Mixed Green Salad

onion | tomatoes | cucumber | lettuce | carrots | arugula | lemon dressing

Roasted Carrot Avocado

mixed greens | orange tahini sauce | sunflower seeds | roasted carrot

Caprese Salad

buffalo cheese | arugula | cherry tomatoes | basil | mint | balsamic dressing

Protein Boost

tuna | avocado | goat cheese | quinoa | spinach | hard-boiled eggs | cherry tomatoes | mixed seeds | citrus dressing (GF)

Plant Power

brown lentil | black beans | hearty artichokes | cherry tomatoes | colored pepper | parsley | celery | pico de gallo | Italian dressing

Greek Salad

cucumber | mint | tomatoes | feta cheese | olives | colored pepper | oregano | onion | olive oil

Taboula

parsley | tomatoes | onion | quinoa | lemon dressing

Sweet & Sour Beetroot

beetroot | groundcherry | mixed greens | goat cheese | citrus dressing

main dish.

Your choice of one item from our daily selection:

Chicken Escalope Pane

pan fried gluten free breaded chicken | sweet green salad | baked fries | creamy mustard sauce (GF, DF)

Creamy Tuscan Chicken

tender chicken cubes | mushroom | housemade sun-dried tomatoes (GF, DF)

Stir-Fry Beef

tender slices of beef | stir-fry vegetables (DF)

Teriyaki Salmon

salmon | teriyaki sauce | roasted carrots | arugula (DF)

Beef Fillet

tender beef | sweet potato | grilled seasoned vegetables | choice of balsamic avocado or mustard sauce (GF, DF)

Meatballs

housemade tomato sauce | greek yogurt

Roasted Chicken

chicken | orange & lemon marination | herbs | thyme | brown rice

Chicken Cacciatore

roasted chicken breast | tomato sauce | colored pepper | olives | coriander | brown rice

Grilled Chicken & Molokhia

grilled chicken | molokhia | kale | zucchini | turmeric | brown rice

Mongolian Beef

tender slices of beef | hoisin sauce | leek | scallions | sesame

Beef Emince

slices of beef | onion | colored pepper | mushroom | turnip | coconut cream, soy sauce

cold drinks.

Your choice of one item from our daily selection:

Karkade

Tamr Hindi

Kamar El Din



SET MENU 2

all our dishes are gluten-free – 300 egp

soup. *Two soup options are offered daily:*

Lesan Asfour Soup

gluten free orzo (GF) | carrots | peas | - chicken stock

Green Goodness Soup

broccoli | spinach | potatoes | herbs

Mushroom Soup

mushroom | leeks | coconut milk | herbs

Tomato Soup

tomato | carrots | celery | herbs

salad. *8 salad options are offered daily:*

Baba Ghanoush

yogurt | tahini | grilled aubergine | garlic | cumin | olive oil

Yogurt with Cucumber & Mint

yogurt | cucumber | mint | lemon

Tahini

tahini | cumin | garlic | vinegar | lemon

Fattoush

mix greens | sumac | onion | radish | toasted bread (GF)

Mixed Green Salad

onion | tomatoes | cucumber | lettuce | carrots | arugula | lemon dressing

Roasted Carrot Avocado

mixed greens | orange tahini sauce | sunflower seeds | roasted carrot

Caprese Salad

buffalo cheese | arugula | cherry tomatoes | basil | mint | balsamic dressing

Protein Boost

tuna | avocado | goat cheese | quinoa | spinach | hard-boiled eggs | cherry tomatoes | mixed seeds | citrus dressing (GF)

Plant Power

brown lentil | black beans | hearty artichokes | cherry tomatoes | colored pepper | parsley | celery | pico de gallo | Italian dressing

Greek Salad

cucumber | mint | tomatoes | feta cheese | olives | colored pepper | oregano | onion | olive oil

Taboula

parsley | tomatoes | onion | quinoa | lemon dressing

Sweet & Sour Beetroot

beetroot | groundcherry | mixed greens | goat cheese | citrus dressing

appetizer. *Your choice of one item:*

Manakeesh

minced beef | halloumi cheese | zaatar

Stuffed Vine Leaves

brown rice | dill | parsley | coriander | tomatoes | onion | garlic | cumin | yogurt salad

Grilled Halloumi

halloumi cheese | thyme | sesame | paprika olive oil

Shish Tawook Skewers

tender chicken cubes | yogurt | mint | coriander | lemon | thomeyya sauce

main dish. *Your choice of one item:*

Chicken Escalope Pane

pan fried gluten free breaded chicken | sweet green salad | baked fries | creamy mustard sauce (GF, DF)

Creamy Tuscan Chicken

tender chicken cubes | mushroom | housemade sun-dried tomatoes (GF, DF)

Stir-Fry Beef

tender slices of beef | stir-fry vegetables (DF)

Teriyaki Salmon

salmon | teriyaki sauce | roasted carrots | arugula (DF)

Beef Fillet

tender beef | sweet potato | grilled seasoned vegetables | choice of balsamic avocado or mustard sauce (GF, DF)

Meatballs

housemade tomato sauce | greek yogurt

Roasted Chicken

chicken | orange & lemon marination | herbs | thyme | brown rice

Chicken Cacciatore

roasted chicken breast | tomato sauce | colored pepper | olives | coriander | brown rice

Grilled Chicken & Molokhia

grilled chicken | molokhia | kale | zucchini | turmeric | brown rice

Mongolian Beef

tender slices of beef | hoisin sauce | leek | scallions | sesame

Beef Emince

slices of beef | onion | colored pepper | mushroom | turnip | coconut cream, soy sauce

cold drinks. *Your choice of one item:*

Karkade | Tamr Hindi | Kamar El Din



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SET MENU 3

all our dishes are gluten-free - 350 egp

soup. *Two soup options are offered daily:*

Lesan Asfour Soup

gluten free orzo (GF) | carrots | peas | - chicken stock

Green Goodness Soup

broccoli | spinach | potatoes | herbs

Mushroom Soup

mushroom | leeks | coconut milk | herbs

Tomato Soup

tomato | carrots | celery | herbs

salad. *8 salad options are offered daily:*

Baba Ghanoush

yogurt | tahini | grilled aubergine | garlic | cumin | olive oil

Yogurt with Cucumber & Mint

yogurt | cucumber | mint | lemon

Tahini

tahini | cumin | garlic | vinegar | lemon

Fattoush

mix greens | sumac | onion | radish | toasted bread (GF)

Mixed Green Salad

onion | tomatoes | cucumber | lettuce | carrots | arugula | lemon dressing

Roasted Carrot Avocado

mixed greens | orange tahini sauce | sunflower seeds | roasted carrot

Caprese Salad

buffalo cheese | arugula | cherry tomatoes | basil | mint | balsamic dressing

Protein Boost

tuna | avocado | goat cheese | quinoa | spinach | hard-boiled eggs | cherry tomatoes | mixed seeds | citrus dressing (GF)

Plant Power

brown lentil | black beans | hearty artichokes | cherry tomatoes | colored pepper | parsley | celery | pico de gallo | Italian dressing

Greek Salad

cucumber | mint | tomatoes | feta cheese | olives | colored pepper | oregano | onion | olive oil

Taboula

parsley | tomatoes | onion | quinoa | lemon dressing

Sweet & Sour Beetroot

beetroot | groundcherry | mixed greens | goat cheese | citrus dressing

cold drinks. *Your choice of one item:*

Karkade | Tamr Hindi | Kamar El Din

hot drinks. *Your choice of one item:*

Espresso | Cappuccino | Latte | Mocha | Apple Cider | Organic Matcha Green Tea | Selection of Herbal Tea

appetizer. *Your choice of one item:*

Manakeesh

minced beef | halloumi cheese | zaatar

Stuffed Vine Leaves

brown rice | dill | parsley | coriander | tomatoes | onion | garlic | cumin | yogurt salad

Grilled Halloumi

halloumi cheese | thyme | sesame | paprika olive oil

Shish Tawook Skewers

tender chicken cubes | yogurt | mint | coriander | lemon | thomeyya sauce

main dish. *Your choice of one item:*

Chicken Escalope Pane

pan fried gluten free breaded chicken | sweet green salad | baked fries | creamy mustard sauce (GF, DF)

Creamy Tuscan Chicken

tender chicken cubes | mushroom | housemade sun-dried tomatoes (GF, DF)

Stir-Fry Beef

tender slices of beef | stir-fry vegetables (DF)

Teriyaki Salmon

salmon | teriyaki sauce | roasted carrots | arugula (DF)

Beef Fillet

tender beef | sweet potato | grilled seasoned vegetables | choice of balsamic avocado or mustard sauce (GF, DF)

Meatballs

housemade tomato sauce | greek yogurt

Roasted Chicken

chicken | orange & lemon marination | herbs | thyme | brown rice

Chicken Cacciatore

roasted chicken breast | tomato sauce | colored pepper | olives | coriander | brown rice

Grilled Chicken & Molokhia

grilled chicken | molokhia | kale | zucchini | turmeric | brown rice

Mongolian Beef

tender slices of beef | hoisin sauce | leek | scallions | sesame

Beef Emince

slices of beef | onion | colored pepper | mushroom | turnip | coconut cream, soy sauce

dessert. *Your choice of one item:*

Coconut Rice Pudding

made with coconut milk

Baked Vanilla Pudding

with pistachios & raisins | coconut milk | vanilla | honey

Konafa with Dates

with coconut cream | nuts | sweetened with molasses

Konafa with Cashew Nut Butter

coconut milk | molasses | dates | pistachio sauce

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SOHOUR MENU

all our dishes are gluten-free

soup.

Lesan Asfour Soup

gluten free orzo (GF) | carrots | peas | - chicken stock 45

Green Goodness Soup

broccoli | spinach | potatoes | herbs 50

Mushroom Soup

mushroom | leeks | coconut milk | herbs 50

Tomato Soup

tomato | carrots | celery | herbs 50

salad.

Baba Ghanoush

yogurt | tahini | grilled aubergine | garlic | cumin | olive oil 70

Yogurt with Cucumber & Mint

yogurt | cucumber | mint | lemon 70

Tahini

tahini | cumin | garlic | vinegar | lemon 70

Fattoush

mix greens | sumac | onion | radish | toasted bread (GF) 80

Mixed Green Salad

onion | tomatoes | cucumber | lettuce | carrots | arugula | lemon dressing 80

Roasted Carrot Avocado

mixed greens | orange tahini sauce | sunflower seeds | roasted carrot 100

Caprese Salad

buffalo cheese | arugula | cherry tomatoes | basil | mint | balsamic dressing 120

Protein Boost

tuna | avocado | goat cheese | quinoa | spinach | hard-boiled eggs | cherry tomatoes | mixed seeds | citrus dressing (GF) 160

Plant Power

brown lentil | black beans | hearty artichokes | cherry tomatoes | colored pepper | parsley | celery | pico de gallo | Italian dressing 100

Greek Salad

cucumber | mint | tomatoes | feta cheese | olives | colored pepper | oregano | onion | olive oil 80

Taboula

parsley | tomatoes | onion | quinoa | lemon dressing 80

Sweet & Sour Beetroot

beetroot | groundcherry | mixed greens | goat cheese | citrus dressing 150

foul. falafel. eggs.

Foul prepared to your choice with

olive oil 50 | tahini 50 | eggs 70 | Eskandarani mix 60

Baked Falafel 65

Eggs your choice of

omelete | sunny side up | boiled | mezaghlal 40

sides.

Cheese with tomatoes 50

Stuffed Vine Leaves 50

Hummus 45

Manakeesh 50

minced beef | halloumi cheese | zaatar

Grilled Halloumi 50

Shish Tawook Skewers 70

Mini Shawerma beef or chicken 80

main dish.

our meat and chicken are hormone free & antibiotic free

Chicken Escalope Pane

pan fried gluten free breaded chicken | sweet green salad | baked fries | creamy mustard sauce (GF, DF) 145

Creamy Tuscan Chicken

tender chicken cubes | mushroom | housemade sun-dried tomatoes (GF, DF) 180

Stir-Fry Beef

tender slices of beef | stir-fry vegetables (DF) 225

Teriyaki Salmon

salmon | teriyaki sauce | roasted carrots | arugula (DF) 260

Beef Fillet

tender beef | sweet potato | grilled seasoned vegetables | choice of balsamic avocado or mustard sauce (GF, DF) 270

Meatballs

housemade tomato sauce | greek yogurt 220

Roasted Chicken

chicken | orange & lemon marination | herbs | thyme | brown rice 180

Chicken Cacciatore

roasted chicken breast | tomato sauce | colored pepper | olives | coriander | brown rice 200

Grilled Chicken & Molokhia

grilled chicken | molokhia | kale | zucchini | turmeric | brown rice 180

Mongolian Beef

tender slices of beef | hoisin sauce | leek | scallions | sesame 225

Beef Emince

slices of beef | onion | colored pepper | mushroom | turnip | coconut cream, soy sauce 225



dessert.

Coconut Rice Pudding
made with coconut milk 50

Baked Vanilla Pudding
with pistachios & raisins | coconut milk | vanilla | honey 60

Konafa with Dates
with coconut cream | nuts | sweetened with molasses 60

Konafa with Cashew Nut Butter
coconut milk | molasses | dates | pistachio sauce 70

juice.

Karkade	35
Tamr Hindi	35
Kamar El Din	40
Minty Pink Lemonade	45
Blue Lemonade	55
Be Carotene	65
Cleanse Intense	65
Beetle Juice	65
Sweet Green	55
Watermelon Burst	45
Red Ruby	60
Guava Lava	45

smoothies.

Green Detox	60
Berry Surprise	60
Apple Spice	55
Red Pineapple	60
Dream Date	55
The Hulk	60
Post Workout	55
Red Velvet	55
Immune Boosters	20

hot beverages.

Hommos El Sham	35
Sahlab	40
Espresso (single/double)	30/40
Cappuccino (dairy/non-dairy)	35/55
Latte (dairy/non-dairy)	35/55
Mocha	35
Matcha Latte	45
Organic Matcha Green Tea	40
Chai Tea	60
Apple Cider	40
Selection of Herbal Tea	30
Selection of Yogi Tea	40
Jenna's Hot Chocolate	45

soft beverages.

Still Water (small/large)	12/20
Sparkling Water	20
Cold Brew	50
Ice Mocha	50
Chocolate Frappe	45
Frappuccino	55
Ice Tea	20