

→ MENU AND PRICE LIST ←

Vegetarian options available Daily All vegetables are locally sourced where possible* Vegetables or side salad available with each main meal

LUNCH BREAK

Early years meal deal (FS1 & FS2)

Daily non vegetarian/vegetarian with dessert of the day - 16

Junior meal deal (Y1-5)

Daily none vegetarian/vegetarian plus water - 17 inclusive of seconds

Add The Dessert Of The Day - 22

Daily special - 17 small plate / 19 big plate - additional cost for seconds

Non vegetarian/Vegetarian - Served with side salad or seasonal vegetables

Jacket potato with two topping and salad garnish - 20 extra topping - 3

Cheese/Tuna mayo/Baked beans/Chunky Coleslaw/Barbeque Chicken/Daily Special

Pasta & sauce (Blended tomato, lentils & vegetable) with a sprinkle of cheese

17 small plate / 19 big plate - extra cheese - 3

BBQ - Mid January - 16/21

Beef burger/Chicken burger/Kebab Selection - Served with a roll/pitta, baked wedges, homemade coleslaw and side salad

Soup with French sticks - 13

Chunky vegetable/Creamy tomato/Mushroom/Chicken noodle/Thai chicken/Broccoli & cauliflower/Mediterranean with pasta

Salad selection - 17

Roast Vegetable & Mixed Bean/Red Pesto Pasta/Tuna Nicoise/Layered Salad/Fruity Couscous/Edamame Beans/Lentil & Feta/Greek Quinoa Tuna & Green Pea/Grilled Chicken/Tandoori Chicken and many more

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HOT SNACKS

Toasted whole wheat panini selection - 17

Cheese & Tomato, BBQ Chicken, Turkey Cheese, Tuna Melt,
Nandos Chicken, Cheese, Egg & Cheese and Beef Honey Mustard

Quesadilla selection - 8

Pitta pizza with hidden vegetables & lentils in the sauce - 7

Chicken sharwama - 9

Egg/Egg & turkey bacon whole meal Roll - 11

Chicken tikka pocket - 8

Half cheesy Potato - 8

Cheese Maneesh - 5

Croissant selection - 7

Hot wrap selection - 9

Turkey egg & cheese, Mexican chicken, breaded chicken,
Mexican bean & cheese

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COLD SNACKS

- Whole-wheat sandwich selection - 14
- Whole-wheat wrap selection - 17
- Sub selection - 17 extra topping - 3
- Salad pack selection - 17
- Sushi selection - 13
- Edamame beans with dip - 9
- Vegetable Crudities & dip - 13
- Bio organic berry bars - 11
- Fresh fruit salad - 11
- Watermelon - 9
- Fresh/dried fruits - 3
- Homemade fruit muffin selection - 7
- Flapjack selection - 7
- Cereal selection with fresh milk - 7
- Homemade granola & yogurt - 8
- Homemade overnight oats - 8
- Homemade cookie selection - 7
- Whole wheat pancake with banana & sauce - 6
- Dried fruit slice - 3

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COLD DRINKS

Water – 2

Organic Sunblast selection – 3

Al Rawabi juice selection – 4

Milk – 4

Fit fresh juice selection – 5

Fit fresh smoothies – 7

Freshly squeezed orange juice – 13



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Hot drinks for staff and visitors

Please note that all take away cups & lids are 100% compostable

Latte - 15

Cappuccino - 15

Macchiato - 10

Americano - 10

Decaf Coffee - 10

Espresso - 9

Hot Chocolate - 13

Mocha - 16

Syrup - 4

Tea Selection) - 8

(Breakfast/Green/Earl grey/Lipton)

Buy 9 get the 10th free 😊

Bring a travel mug and

get a 1 dirham discount 😊

