

**NEW!!**



# Birds of paradise

**A Selection of Indonesian, Filipino, Thai, Chinese &  
other South & Far East Asian Dishes**

**(AL NAKHEEL CLUB)**

## **HACCP/Food Safety Advice!**

Any 'Take away' or 'Home delivery' food ordered should be consumed within 2 hours of purchase. If this food is kept more than 2 hours in room temperature, it should be disposed of.

For more info, visit our Hygienist at Al Waha Club Office. *Your wellbeing matters.*

## 🌸🌸🌸 APPETIZERS 🌸🌸🌸

### 1. Grilled Halloumi Cheese QR 15.00

*Served with freshly prepared garlic bread and salad*

Cal: 572g Protein: 39g Fat: 21g Carbs: 60g Sodium: 1624mg

### 2. Breaded Mushroom QR 20.00

*Served with blue cheese dip or sweet chili tomato sauce*

Cal: 604g Protein: 31g Fat: 14g Carbs: 92g Sodium: 2443mg

### 3. Garlic Cheese Bread QR6.00

*French bread slices with garlic and cheese*

Cal: 354g Protein: 11g Fat: 24g Carbs: 28g Sodium: 2337mg

### 4. Piatto Alla Griglia QR 6.00

*Grilled garlic and oregano marinated vegetables platter, sweet chili*

Cal: 251g Protein: 4g Fat: 19g Carbs: 21g Sodium: 4259mg

### 5. Salata Di Marie QR 32.00

*Typical seafood salad, Italian style in olive oil and lemon juice*

Cal: 697g Protein: 34g Fat: 54g Carbs: 24g Sodium: 4744mg

### 6. Chicken Nuggets QR 12.00

Cal: 1368 Protein: 23g Fat: 126g Carbs: 38g Sodium: 200mg

### 7. French fries QR 6.00

Cal: 739 Protein: 4g Fat: 65g Carbs: 34g Sodium: 300mg

### 8. Shanghai Lumpia QR 8.00

*Minced meat spring rolls served with sweet & sour sauce*

Cal: 485 Protein: 23g Fat: 35g Carbs: 17g Sodium: 651mg

### 9. Chicken Lollipop QR 14.00

Cal: 1822 Protein: 43g Fat: 135g Carbs: 109g Sodium: 4972mg

## 🍲 SOUPS 🍲

- 10. Minestrone Soup**    QR 18.00  
*Traditional Italian soup served with olive ciabatta*  
Cal: 405g Protein: 6g Fat: 29g Carbs: 35g Sodium: 4354mg
- 11. Red Lentil Soup**      QR 07.00  
*Traditional lentil soup served with toasted bread and lemon wedges*  
Cal: 535g Protein: 27g Fat: 14g Carbs: 79g Sodium: 4945mg
- 12. Red Bell Pepper Soup**      QR 12.00  
*A delicious, creamy textured soup made from roasted bell pepper*  
Cal: 279g Protein: 5g Fat: 15g Carbs: 36g Sodium: 4030mg
- 13. Cream of Mushroom Soup**   QR 16.00  
*A creamy textured soup made from mushroom and topped with croutons*  
Cal: 468g Protein:
- 14. Tom Yum Goong**  QR 15.00  
*Thai style hot and sour shrimp soup*  
Cal: 192 Protein: 17g Fat: 12g Carbs: 4g Sodium: 1847mg
- 15. Indonesian Oxtail Soup**  QR 18.00  
*Ethnic Indonesian delicacy with oxtail and vegetables*  
Cal: 474 Protein: 31g Fat: 28g Carbs: 23g Sodium: 2064mg
- 16. Mie Bakso**   QR 16.00  
*Indonesian meatballs served in beef broth with noodles*  
Cal: 707 Protein: 48g Fat: 19g Carbs: 81g Sodium: 2410mg
- 17. Bakso Malang**     QR 20.00  
*Indonesian meatballs in beef broth and fried wrapped tofu*  
Cal: 484 Protein: 45g Fat: 15g Carbs: 43g Sodium: 2319mg
- 18. Hot & Sour Vegetable soup**    QR 8.00  
Cal: 108 Protein: 4g Fat: 5g Carbs: 13g Sodium: 1228mg
- 19. Hot & Sour Chicken soup**    QR 8.00  
Cal: 252 Protein: 31g Fat: 9g Carbs: 13g Sodium: 1282mg
- 20. Sweet Corn Vegetable soup**  QR 8.00  
Cal: 176 Protein: 10g Fat: 6g Carbs: 23g Sodium: 1500mg


**21. Sweet Corn Chicken soup**  QR 8.00

Cal: 268 Protein: 27g Fat: 8g Carbs: 23g Sodium: 749mg

**22. Crab & Corn soup**   QR 8.00

Cal: 231 Protein: 15g Fat: 7g Carbs: 32g Sodium: 1775mg

## **SALADS**

**23. Salata Mista (Mixed Salad)**   QR 11.00




*Tomato, onion, lettuce, olive oil and seasoning*

Cal: 200g Protein: 1g Fat: 15g Carbs: 13g Sodium: 4101mg

**24. Rocca Salad**  QR 14.00

*Rocket leaves with onion, lemon juice, olive oil topped with sumak powder*

Cal: 452g Protein: 11g Fat: 30g Carbs: 42g Sodium: 2265mg

**25. Caprese Salad**    QR18.00

*Layered tomato and mozzarella cheese served with pesto and balsamic glaze*

Cal: 387g Protein: 24g Fat: 30g Carbs: 13g Sodium: 2705mg

**26. Fattoush Salad**    QR 10.00

*Mixed garden salad with toasted Arabic bread topped with sumak powder*

Cal: 511g Protein: 8g Fat: 39g Carbs: 38g Sodium: 4114mg

**27. Green Salad**  QR 8.00

*Cucumber, tomato, carrots, lettuce and lemon*

Cal: 38 Protein: 2g Fat: 0g Carbs: 8g Sodium: 38mg

## 🌸🌸🌸 HOT MEZZEH 🌸🌸🌸

- 28. Cheese Roll** 🍷 🍷 🍷 **QR 10.00**  
Cal: 1258g Protein: 23g Fat: 123g Carbs: 21g Sodium: 1020mg
- 29. Spinach Fatayer** 🍷 **QR 5.00**  
Cal: 896g Protein: 27g Fat: 16g Carbs: 177g Sodium: 1084mg
- 30. Chicken Liver** 🍷 **QR 16.00**  
Cal: 1452g Protein: 126g Fat: 83g Carbs: 46g Sodium: 4743mg
- 31. Chicken Wings** 🍷 🍷 🍷 🍷 **QR 14.00**  
Cal: 910g Protein: 30g Fat: 72g Carbs: 37g Sodium: 2474mg
- 32. Fried Kibbeh** 🍷 🍷 **QR 6.00**  
Cal: 864g Protein: 32g Fat: 63g Carbs: 50g Sodium: 3990mg





## 🌸🌸🌸 DESSERTS 🌸🌸🌸

- 33. Banana Roll** **QR 14.00**  
*Spring roll filled with banana*
- 34. Umm Ali** **QR 8.00**  
*Traditional Egyptian dessert including sweetened milk topped with whipped cream*
- 35. Halo-Halo** **QR 14.00**  
*A fruity mix of banana sweet beans, sweet yam, jackfruit, kaong, nata de coco, served in milk, crushed ice*  
Cal: 532 Protein: 10g Fat: 17g Carbs: 85g Sodium: 159mg
- 36. Turon with Ice Cream** **QR 12.00**  
*A banana fritter rolled in sugar caramel topped with ice cream*  
Cal: 606 Protein: 7g Fat: 32g Carbs: 77g Sodium: 145mg
- 37. Fresh Fruit Platter** **QR 12.00**  
*Assorted freshly sliced fruits*  
Cal: 124 Protein: 2g Fat: 1g Carbs: 32g Sodium: 29mg

# MEDITERRANEAN MENU

## MAIN COURSE

- 38. Gnocchi Al Fomaggi**    QR 14.00  
*Potato dumplings topped with cream sauce*  
Cal: 1123g Protein: 24g Fat: 60g Carbs: 120g Sodium: 2144mg
- 39. Lamb Chops A La Pesto**     QR 32.00  
Grilled lamb chops served with pesto sauce  
Cal: 980g Protein: 67g Fat: 67g Carbs: 23g Sodium: 2479mg
- 40. Steak Al Funghi**       QR 36.00  
*Saut ed mushroom steak*  
Cal: 1111g Protein: 41g Fat: 74g Carbs: 68g Sodium: 7480mg
- 41. Fish Carnival**    QR 38.00  
*Seared hammour fillet cooked with selection of cheese and steamed vegetables*  
Cal: 1069g Protein: 57g Fat: 71g Carbs: 56g Sodium: 5363mg
- 42. Djaj Belforn**    QR 22.00  
*Oven baked chicken and potato with lemon juice, garlic and olive oil*  
Cal: 1471g Protein: 76g Fat: 108g Carbs: 50g Sodium: 1251mg
- 43. Blackened Fish**    QR 38.00  
*Chargrilled fish served with vegetables, saffron mashed potatoes and Napolitana sauce*  
Cal: 1050g Protein: 50g Fat: 76g Carbs: 51g Sodium: 5526mg
- 44. Pan Fried Prawns**    QR 38.00  
*Prawns, Garlic cloves, Red chili, served with sauce.*  
Cal: 534g Protein: 47g Fat: 26g Carbs: 28g Sodium: 5120mg
- 45. Hammour Fish**       QR 42.00  
*Pan fried fish with prawns and creamy dill sauce served with seared baby spinach*  
Cal: 1275g Protein: 59g Fat: 105g Carbs: 29g Sodium: 4724mg
- 46. Gnocchi Al Sugo**    QR 22.00  
*Potato dumplings, Bolognese sauce, parsley, whip cream and Parmesan on top*  
Cal: 1001g Protein: 24g Fat: 56g Carbs: 106g Sodium: 4115mg
- 47. Bistecca Granello Di Pepe**   QR 38.00  
*Beef tenderloin steak in peppercorn sauce served with mashed potato and steamed vegetable*  
Cal: 1389g Protein: 42g Fat: 118g Carbs: 46g Sodium: 4106mg

**48. Lemon Garlic Prawn A la Veracruz**     **QR 42.00**



*Prawns marinated in lemon and garlic served with garlic bread, and sweet chili sauce*

Cal: 1316g Protein: 49g Fat: 85g Carbs: 95g Sodium: 5607mg

**49. Fileto Di Cernia**    **QR 42.00**

*Grouper fish seasoned and baked with lemon, butter, spinach, garlic and onions*

Cal: 1389g Protein: 55g Fat: 109g Carbs: 55g Sodium: 4205mg

**50. Moroccan Chicken**   **QR18.00**

*Essentially stewed or braised chicken with deep lovely flavor from a special Moroccan spice rub*


Cal: 763g Protein: 77g Fat: 15g Carbs: 83g Sodium: 4388mg

**ORIENTAL BARBEQUES**

**51. Grilled Chicken Kofta**  **QR 24.00**

*Minced chicken skewered and barbequed served with grilled vegetable and French fries or rice with garlic sauce*

Cal: 1997g Protein: 89g Fat: 100g Carbs: 196g Sodium: 4974mg

**52. Grilled Kofta**  **QR 22.00**

*Ground lamb mixed with onion, garlic and spices, Grilled and served with Pita, Salads, dips and Sauces*

Cal: 2115g Protein: 48g Fat: 134g Carbs: 191g Sodium: 5658mg

**53. Boneless Chicken**   **QR 22.00**


*Served with French fries and grilled vegetable and tabini sauce*

Cal: 1438g Protein: 76g Fat: 89g Carbs: 90g Sodium: 2897mg

**54. Grilled Chicken**    **QR 20.00**

*Marinated chicken Breasts pounded to an even thickness and grilled with paprika & olive oil*

Cal: 1584g Protein: 136g Fat: 179g Carbs: 36g Sodium: 7076mg

**55. Vegetable Accompaniments**  **QR 8.00**

*Finely chopped sauteed vegetables including carrots, red/yellow bell pepper, Cherry Tomato*

Cal: 146g Protein: 2g Fat: 9g Carbs: 16g Sodium: 1290mg

## 🌸🌸🌸 BEVERAGES 🌸🌸🌸

1. Soft drinks		QR 4.00
2. Iced Tea		QR 3.00
3. Fresh Orange/Lemon		QR 8.00
4. Coffee Nescafe		QR 4.00
5. Tea		QR 3.00
6. Hot Choco		QR 6.00
7. Cappuccino	Small <i>*New Special Price!</i>	<b>QR 7.00</b>
	Big <i>*New Special Price!</i>	<b>QR 10.00</b>
8. Espresso	Single	QR 6.00
	Double	QR 9.00
9. Iced coffee		QR 6.00
10. Iced Chocolate		QR 6.00
11. Packet Juice		QR 3.00
12. Sherley Temple		QR 6.00
13. Mineral Water (Big)		QR 3.00
14. Mineral Water (Small)		QR 2.00



GLUTEN WHEAT



SULPHITES



NUTS / PEANUTS



MOLLUSCS



CRUSTACEANS



CELERY



LACTOSE



FISH



SOYA



SESAME



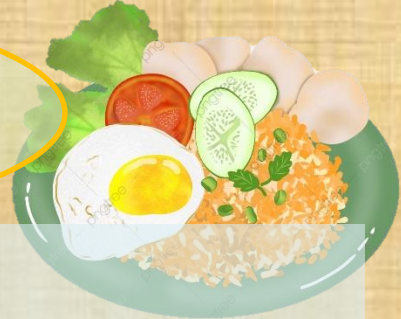
EGGS



MUSTARD



# INDONESIAN AND THAI MENU



## 1. Thai Style Chicken with Vegetable

*Shredded chicken and vegetable in spicy Thai gravy*

Cal: 1260 Protein: 38g Fat: 54g Carbs: 108g Sodium: 1642 mg

QR 18.00

## 2. Bami Goreng

*Indonesian style fried noodles with chicken and fried eggs*

Cal: 1072 Protein: 46g Fat: 66g Carbs: 76g Sodium: 4308mg



QR 20.00

## 3. Nasi Goreng

*Indonesian style fried rice with chicken satay and fried eggs*

Cal: 873 Protein: 44g Fat: 40g Carbs: 83g Sodium: 2125mg

QR 20.00

## 4. Nasi Bakar Ayam Udang

*Indonesian rice delicacy with seasoned chicken wrapped in banana leaf served with grilled prawn satay*

Cal: 695 Protein: 35g Fat: 25g Carbs: 81g Sodium: 1706mg

QR 26.00

## 5. Ayam Bakar

*Grilled chicken seasoned with Indonesian spices*

Cal: 1172 Protein: 56g Fat: 59g Carbs: 102g Sodium: 1142mg

QR 16.00

## 6. Ayam Balado

*Seasoned chicken with tamarind and red chili pepper*

Cal: 683 Protein: 54g Fat: 12g Carbs: 88g Sodium: 1714mg

QR 16.00

## 7. Ayam Rica Rica with Rice

*Indonesian style spicy chicken and red chili pepper*

Cal: 1059 Protein: 55g Fat: 52g Carbs: 91g Sodium: 2767mg

QR 16.00

## 8. Ikan Acar Kuning

*Mildly spiced yellow pickled fish*

Cal: 653 Protein: 48g Fat: 15g Carbs: 78g Sodium: 1361mg

QR 22.00

## 9. Ayam Goreng Kalasan with Rice

*Indonesian deep-fried chicken*

Cal: 1508 Protein: 43g Fat: 139g Carbs: 31g Sodium: 329mg

QR 14.00



# INDONESIAN AND THAI MENU



## 10. Beef Rendang with Rice

*Indonesian spicy meat dish cooked in coconut milk and mixed spices*

Cal: 971 Protein: 52g Fat: 42g Carbs: 101g Sodium: 1566mg

QR 19.00

## 11. Bubur Ayam



*Congee with shredded chicken meat*

Cal: 598 Protein: 28g Fat: 11g Carbs: 90g Sodium: 769mg

QR 12.00

## 12. Mie Ayam Pangsit



*Indonesian dish of seasoned yellow wheat noodles topped with diced chicken meat*

Cal: 783 Protein: 45g Fat: 37g Carbs: 63g Sodium: 3324mg

QR 15.00

## 13. Batagor



*White tofu filled with minced fish served with peanut sauce*

Cal: 1012 Protein: 41g Fat: 71g Carbs: 55g Sodium: 2806mg

QR 17.00

## 14. Bakso Ikan



*Fish balls with rice noodles and spring onion*

Cal: 688 Protein: 37g Fat: 6g Carbs: 115g Sodium: 1657mg

QR 18.00

## 15. Pental Bakar BBQ



*Grilled fish balls*

Cal: 481 Protein: 34g Fat: 3g Carbs: 73g Sodium: 2018mg

QR 22.00

## 16. Terong Baldo

*Grilled purple eggplant topped with heavy chili sauce*

Cal: 453 Protein: 7g Fat: 31g Carbs: 43g Sodium: 1825mg

QR 15.00

## 17. Thai Style Shrimps & Vegetables



*Shredded shrimp and vegetables in spicy Thai gravy*

Cal: 1374 Protein: 65g Fat: 57g Carbs: 136g Sodium: 5630mg

QR 22.00

## 18. Martabak



*Indonesian thick spicy folded omelet pancake with bits of veg served with sauce*

Cal: 1230 Protein: 61g Fat: 47g Carbs: 136g Sodium: 3406mg

QR 24.00

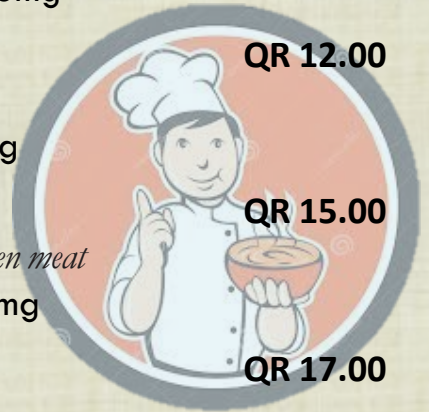
## 19. Kung Pao Chicken



*Shredded shrimp and vegetables in spicy Thai gravy*

Cal: 1374 Protein: 65g Fat: 57g Carbs: 136g Sodium: 5630mg

QR 16.00



# CHINESE MENU

## FRIED RICE

### 1. Chicken Fried Rice



Cal: 619 Protein: 26g Fat: 17g Carbs: 85g Sodium: 1750mg

QR 8.00

### 2. Prawn Fried Rice



Cal: 706 Protein: 34g Fat: 22g Carbs: 89g Sodium: 2214mg

QR 15.00

### 3. Szechuan Vegetable Fried Rice



Cal: 636 Protein: 12g Fat: 17g Carbs: 110g Sodium: 1398mg

QR 12.00

### 4. Szechuan Chicken Fried Rice



Cal: 869 Protein: 46g Fat: 25g Carbs: 112g Sodium: 2160mg

QR 14.00

### 5. Szechuan Prawn Fried Rice



Cal: 810 Protein: 35g Fat: 23g Carbs: 113g Sodium: 2785mg

QR 20.00

### 6. Garlic Fried Rice

Cal: 483 Protein: 8g Fat: 11g Carbs: 87g Sodium: 1945mg

QR 6.00

### 7. Vegetable Fried Rice



Cal: 511 Protein: 10g Fat: 11g Carbs: 91g Sodium: 1173mg

QR 8.00

### 8. Egg Fried Rice



Cal: 535 Protein: 14g Fat: 15g Carbs: 82g Sodium: 1585mg

QR 7.00

# CHINESE MENU

## NOODLES

### 9. Vegetable Chow Mein

*Stir-fried egg noodles with vegetables*

Cal: 678 Protein: 12g Fat: 43g Carbs: 65g Sodium: 2735mg

QR 12.00

### 10. Egg Chow Mein

*Stir-fried noodles with eggs & vegetables*

Cal: 628 Protein: 16g Fat: 42g Carbs: 49g Sodium: 2807mg

QR 10.00

### 11. Chicken Chow Mein

*Stir-fried egg noodles with chicken & vegetables*

Cal: 676 Protein: 32g Fat: 40g Carbs: 49g Sodium: 2781mg

QR 14.00

### 12. Prawn Chow Mein

*Stir-fried egg noodles with prawns & vegetables*

Cal: 641 Protein: 26g Fat: 39g Carbs: 50g Sodium: 3415mg

QR 20.00

### 13. Mixed Chow Mein

*Stir-fried egg noodles with chicken & shrimps*

Cal: 797 Protein: 116g Fat: 55g Carbs: 50g Sodium: 4813mg

QR 20.00

# CHINESE MENU

## MAIN COURSE

### 14. Szechuan Chicken

*Chinese style spicy chicken strips in soy and chili paste*

Cal: 941 Protein: 60g Fat: 45g Carbs: 80g Sodium: 1634mg

QR 14.00

### 15. Chinese Style Chicken Mushroom

*Stir-fried chicken and mushroom in soy and oyster sauce*

Cal: 1243 Protein: 63g Fat: 62g Carbs: 106g Sodium: 1373mg

QR 16.00

### 16. Stir-fried Squid

*Sauteed squid with bell pepper and oyster sauce*

Cal: 1026 Protein: 52g Fat: 39g Carbs: 116g Sodium: 2197mg

QR 20.00

### 17. Chili Chicken

*Chinese style shredded chicken with soy and chili gravy*

Cal: 763 Protein: 61g Fat: 12g Carbs: 99g Sodium: 2286mg

QR 16.00

### 18. Chili Fish

*Chinese style boneless fish cubes in soy and chili gravy*

Cal: 644 Protein: 49g Fat: 4g Carbs: 99g Sodium: 1478mg

QR 18.00

### 19. Sweet & Sour Vegetables

*Mixed vegetables with pineapple in sweet and sour gravy*

Cal: 699 Protein: 10g Fat: 11g Carbs: 143g Sodium: 1781mg

QR 12.00

### 20. Sweet & Sour Chicken

*Chicken with vegetable and pineapple in sweet and sour gravy*

Cal: 1510 Protein: 66g Fat: 62g Carbs: 175g Sodium: 2324mg

QR 14.00

### 21. Sweet & Sour Prawn

*Prawns with vegetable and pineapple in sweet and sour gravy*

Cal: 1398 Protein: 45g Fat: 58g Carbs: 176g Sodium: 3253mg

QR 23.00

# FILIPINO MENU

## PINOY COMBO MEALS

### 1. CHICKEN BBQ SKEWER (2 pieces)



Served with mixed buttered vegetables, yellow rice, soya lemon sauce with Lemon iced tea

Cal: 1473 Protein: 88g Fat: 55g Carbs: 154g Sodium: 2837mg



QR 16.00

### 2. CHICKEN INASAL (1/2 Chicken)



Served with mixed buttered vegetables, yellow rice, soya lemon sauce with lemon iced tea

Cal: 2059 Protein: 110g Fat: 122g Carbs: 137g Sodium: 3090mg

QR 19.00

### 3. FISH HAMMOUR WITH TOFU & FRIED VEGETABLE LUMPIA



Served with rice, prawn crackers, sweet chili sauce with Lemon iced tea

Cal: 1265 Protein: 41g Fat: 49g Carbs: 168g Sodium: 1647mg

QR 23.00

## BREAKFAST

### 4. FILIPINO BREAKFAST



Served with garlic rice, fried egg, beef tapa, tomatoes and sliced cucumber

Cal: 723 Protein: 54g Fat: 16g Carbs: 89g Sodium: 640mg

QR 21.00



# FILIPINO MENU

## MAIN COURSES

### 5. DAING NA ABNGUS



*Milk fish marinated in vinegar with garlic rice, fried egg, tomatoes & sliced cucumber*

Cal: 1008 Protein: 65g Fat: 47g Carbs: 76g Sodium: 1231mg

### 6. CHICKEN LOMI



*Soup with strips of chicken, vegetables, noodles, egg drop & soya*

Cal: 640 Protein: 41g Fat: 33g Carbs: 46g Sodium: 2597mg

### 7. LA PAZ BATCHOY



*Noodle soup made of beef, chicken, liver, and fried chicken skin*

Cal: 653 Protein: 42g Fat: 29g Carbs: 58g Sodium: 2386mg

### 8. CHICKEN SISIG



*Marinated chicken, liver, onion and green chili, traditionally spiced*

Cal: 1132 Protein: 55g Fat: 67g Carbs: 74g Sodium: 1844mg

### 9. BICOL EXPRESS



*Sauteed chicken with chili and spices cooked in coconut milk*

Cal: 794 Protein: 56g Fat: 49g Carbs: 31g Sodium: 2830mg

### 10. OXCTAIL KARE-KARE



*Beef oxtail with peanut sauce in shrimp paste*

Cal: 1045 Protein: 57g Fat: 68g Carbs: 51g Sodium: 3073mg

### 11. FRIED CHICKEN FILIPINOSTYLE (1/2 Chicken)



*Fried marinated chicken in garlic, lemon, soya & spices*

Half | Cal: 1929 Protein: 109g Fat: 154g Carbs: 30g Sodium: 6920mg

Whole | Cal: 3858 Protein: 218g Fat: 308g Carbs: 60g Sodium: 13839mg

### 12. FRIED BANGUS



*Marinated milk fish with tomato, onion, soy sauce & vinegar*

Cal: 1907 Protein: 69g Fat: 171g Carbs: 29g Sodium: 3846mg



QR 20.00

QR 14.00

QR 16.00

QR 16.00

QR 16.00

QR 23.00

QR 18.00

QR 24.00



# FILIPINO MENU

## 13. PINAKBET (Vegetables)

*Red pumpkin sauteed in shrimp paste with eggplant, okra, bitter melon, green beans, tomato, onion and ginger*

Cal: 345 Protein: 5g Fat: 30g Carbs: 14g Sodium: 2823mg



QR 12.00





## 14. PANCIT CHOWKING CANTON or BIHON







*Fried noodles sauteed in oyster and soy sauce with carrot, cabbage and spring onion*


QR 14.00

### Choices of Canton:

**Quail Egg:** Cal: 783 Protein: 19g Fat: 52g Carbs: 66g Sodium: 2993mg |      QR 14.00


**Chicken:** Cal: 840 Protein: 36g Fat: 50g Carbs: 66g Sodium: 2982mg |      QR 14.00

**Prawn:** Cal: 791 Protein: 27g Fat: 48g Carbs: 67g Sodium: 3503mg |       QR 20.00

**Liver:** Cal: 839 Protein: 30g Fat: 52g Carbs: 66g Sodium: 3008mg |     QR 14.00

### Choices of Bihon:

**Quail Egg:** Cal: 660 Protein: 15g Fat: 29g Carbs: 85g Sodium: 2025mg |      QR 14.00

**Chicken:** Cal: 717 Protein: 32g Fat: 28g Carbs: 85g Sodium: 2014mg |       QR 14.00

**Prawn:** Cal: 668 Protein: 23g Fat: 26g Carbs: 85g Sodium: 2535mg |      QR 20.00

**Liver:** Cal: 716 Protein: 26g Fat: 30g Carbs: 85g Sodium: 2040mg |      QR 14.00

## 15. ARROZ CALDO

*Chicken Porridge*

Cal: 556 Protein: 4g Fat: 10g Carbs: 72g Sodium: 850mg



QR 12.00

## 16. CHICKEN CHOPSEUY

Cal: 361 Protein: 23g Fat: 18g Carbs: 30g Sodium: 2226mg

QR 18.00

## 17. VEGETABLE CHOPSEUY

*Mixed vegetables cooked in a starch – thickened sauce*

Cal: 278 Protein: 7g Fat: 16g Carbs: 30g Sodium: 2042mg

QR 14.00

## 18. SHRIMP CHOPSEUY

*Shrimp and a rainbow of vegetables stir fried in a thickened sauce*

Cal: 354 Protein: 20g Fat: 17g Carbs: 30g Sodium: 2264mg

QR 20.00

## 19. CHICKEN ADOBO

*Filipino chicken stew marinated in soy sauce with vinegar and black pepper*

Cal: 1168 Protein: 56g Fat: 59g Carbs: 102g Sodium: 3158mg



QR 14.00



# FILIPINO MENU

## 20. BEEF ASADO



*Shredded shrimp and vegetables in spicy Thai gravy*

Cal: 1374 Protein: 65g Fat: 57g Carbs: 136g Sodium: 5630mg

## 21. KALDERETANG BAKA



*Filipino stew made by beef and vegetables in spicy tomato sauce*

Cal: 623 Protein: 44g Fat: 42g Carbs: 15g Sodium: 3669mg

## 22. SINIGANG NA BANGUS



*Filipino Milk fish in tamarind broth with aubergine, black pepper and okra*

Cal: 671 Protein: 45g Fat: 39g Carbs: 37g Sodium: 3325mg

## 23. PALABOK



*Filipino rice noodle with egg, corn flour, prawn crackers garlic and shrimp*

Cal: 847 Protein: 32g Fat: 43g Carbs: 81g Sodium: 476mg

## 24. SEAFOOD CRISPY NOODLES



*Seafood, egg fried noodles, sauce mixture and vegetable*

Cal: 1073 Protein: 54g Fat: 40g Carbs: 119g Sodium: 4538mg

QR 26.00

QR 26.00

QR 16.00

QR 16.00

QR 18.00



# PASTA

## 1. PENNE ALLA NAPOLI



*Pasta simmered in tomato sauce*

Cal: 670g Protein: 16g Fat: 28g Carbs: 91g Sodium: 2382mg

QR 16.00

## 2. PENNE ARRABBIATA



*Penne pasta with spicy tomato sauce*

Cal: 639g Protein: 17g Fat: 24g Carbs: 90g Sodium: 1015mg

QR 17.00

## 3. CONCHIGLIONI WITH CHICKEN



*Pasta shells stuffed with chicken, ricotta cheese, mushroom and oregano topped with mozzarella*

Cal: 884g Protein: 46g Fat: 33g Carbs: 104g Sodium: 4236mg

QR 16.00

## 4. SEAFOOD CARBONARA



*Mixed seafood served with spaghetti, garlic, beefbacon and mushroom in a creamy sauce*

Cal: 1040g Protein: 44g Fat: 56g Carbs: 92g Sodium: 6321mg

QR 24.00

## 5. LASAGNA



*Layered lasagna with rich Bolognese sauce topped with béchamel and cheese*

Cal: 773g Protein: 39g Fat: 39g Carbs: 70g Sodium: 5337mg

QR 24.00

## 6. SPAGHETTI MARINARA



*Seafood spaghetti in tomato sauce*

Cal: 860g Protein: 51g Fat: 29g Carbs: 103g Sodium: 7190mg

QR 24.00

## 7. SCALOPPINE ALLA MILANESE



*Spaghetti In tomato sauce topped with chicken breast, garlic and mushroom*

Cal: 1385g Protein: 96g Fat: 44g Carbs: 149g Sodium: 5236mg

QR 36.00



# PIZZA

## MENU LIST

### 1. FOUR SEASON LARGE



*Beef ham, artichoke hearts, kalamata olives, mushrooms, sundried tomatoes and mozzarella*

Large	Cal: 1424g	Protein: 96g	Fat: 36g	Carbs: 182g	Sodium: 2990mg	QR 30.00
Medium	Cal: 1144g	Protein: 77g	Fat: 30g	Carbs: 144g	Sodium: 2377mg	QR 25.00
Small	Cal: 890g	Protein: 65g	Fat: 24g	Carbs: 100g	Sodium: 1836mg	QR 20.00

### 2. HAWAIIAN PIZZA



*Tasty bite size chicken, pineapple tidbits, bell peppers and mozzarella*

Large	Cal: 1362g	Protein: 89g	Fat: 34g	Carbs: 177g	Sodium: 2743mg	QR 22.00
Medium	Cal: 1099g	Protein: 72g	Fat: 28g	Carbs: 141g	Sodium: 2175mg	QR 18.00
Small	Cal: 811g	Protein: 56g	Fat: 22g	Carbs: 97g	Sodium: 1665mg	QR 15.00

### 3. VEGETARIAN PIZZA



*Mushrooms, sun blushed tomato, feta cheese, olives, asparagus and mozzarella*

Large	Cal: 1415g	Protein: 62g	Fat: 44g	Carbs: 206g	Sodium: 3974mg	QR 22.00
Medium	Cal: 1148g	Protein: 51g	Fat: 37g	Carbs: 166g	Sodium: 3256mg	QR 15.00
Small	Cal: 856g	Protein: 39g	Fat: 30g	Carbs: 117g	Sodium: 2591mg	QR 12.00

### 4. Mexican Pizza



*Bolognese, chili, onions and peppers*

Large	Cal: 1281g	Protein: 56g	Fat: 36g	Carbs: 186g	Sodium: 3066mg	QR 30.00
Medium	Cal: 1038g	Protein: 45g	Fat: 30g	Carbs: 149g	Sodium: 2562mg	QR 25.00
Small	Cal: 733g	Protein: 34g	Fat: 24g	Carbs: 106g	Sodium: 2036mg	QR 20.00

### 5. Margherita Pizza



*Cheese, tomato, basil leaves*

Large	Cal: 1121g	Protein: 51g	Fat: 30g	Carbs: 166g	Sodium: 2632mg	QR 22.00
Medium	Cal: 896g	Protein: 41g	Fat: 25g	Carbs: 131g	Sodium: 2082mg	QR 15.00
Small	Cal: 649g	Protein: 32g	Fat: 19g	Carbs: 90g	Sodium: 1590mg	QR 12.00

### 6. Seafood Pizza



*Shrimp, mussels, calamari, mozzarella and Parmesan*

Large	Cal: 1299g	Protein: 79g	Fat: 34g	Carbs: 167g	Sodium: 2717mg	QR 29.00
Medium	Cal: 950g	Protein: 58g	Fat: 25g	Carbs: 131g	Sodium: 2088mg	QR 21.00
Small	Cal: 719g	Protein: 44g	Fat: 20g	Carbs: 91g	Sodium: 1566mg	QR 16.00

# PIZZA

## MENU LIST

### 7. Meat Supreme Pizza



*Chicken, beef, pepperoni, beef bacon, mushrooms and onions*

<b>Large</b>	Cal: 1646g	Protein: 132g	Fat: 45g	Carbs: 185g	Sodium: 3664mg	<b>QR 30.00</b>
<b>Medium</b>	Cal: 1352g	Protein: 110g	Fat: 38g	Carbs: 147g	Sodium: 2979mg	<b>QR 25.00</b>
<b>Small</b>	Cal: 1033g	Protein: 87g	Fat: 30g	Carbs: 103g	Sodium: 2351mg	<b>QR 20.00</b>

### 8. Napolitana Pizza



*Capers, Tomato sauce, Mozzarella cheese, olive sliced, anchovy fillet, tomato fresh*

<b>Large</b>	Cal: 1188g	Protein: 60g	Fat: 33g	Carbs: 167g	Sodium: 4290mg	<b>QR 29.00</b>
<b>Medium</b>	Cal: 920g	Protein: 46g	Fat: 25g	Carbs: 131g	Sodium: 3075mg	<b>QR 21.00</b>
<b>Small</b>	Cal: 672g	Protein: 34g	Fat: 21g	Carbs: 90g	Sodium: 2241mg	<b>QR 16.00</b>

### 9. Del Golf Pizza



*Tomato, mozzarella with assorted seafood*

<b>Large</b>	Cal: 1304g	Protein: 81g	Fat: 33g	Carbs: 169g	Sodium: 2888mg	<b>QR 30.00</b>
<b>Medium</b>	Cal: 1021g	Protein: 62g	Fat: 27g	Carbs: 134g	Sodium: 2359mg	<b>QR 25.00</b>
<b>Small</b>	Cal: 758g	Protein: 49g	Fat: 21g	Carbs: 92g	Sodium: 1783mg	<b>QR 20.00</b>

### 10. Quattro Pizza



*Topped with four kinds of cheese melted together; Feta, Halloumi, Mozzarella & parmesan cheese*

<b>Large</b>	Cal: 1343g	Protein: 68g	Fat: 46g	Carbs: 167g	Sodium: 3295mg	<b>QR 29.00</b>
<b>Medium</b>	Cal: 1043g	Protein: 54g	Fat: 35g	Carbs: 132g	Sodium: 2542mg	<b>QR 21.00</b>
<b>Small</b>	Cal: 755g	Protein: 42g	Fat: 28g	Carbs: 91g	Sodium: 1973mg	<b>QR 16.00</b>

### 11. Diavola Pizza



*Tomato, Chicken franks and Mozzarella*

<b>Large</b>	Cal: 1316g	Protein: 73g	Fat: 35g	Carbs: 183g	Sodium: 3140mg	<b>QR 21.00</b>
<b>Medium</b>	Cal: 1067g	Protein: 60g	Fat: 28g	Carbs: 145g	Sodium: 2513mg	<b>QR 17.00</b>
<b>Small</b>	Cal: 798g	Protein: 48g	Fat: 23g	Carbs: 102g	Sodium: 1962mg	<b>QR 13.00</b>

GLUTEN WHEAT

SULPHITES

NUTS / PEANUTS

MOLLUSCS

CRUSTACEANS

CELERY

LACTOSE

FISH

SOYA

SESAME

EGGS

MUSTARD