

# The Healthy Menu by Raja' Batarseh

## Ladies Section

### Salad

#### **Mixed Green Salad (125 gr)**

Served with lemon mustard dressing

2.95

#### **Healthy Salad (125 gr)**

Carrots, beet root, baby leaves, cucumber & cherry tomatoes  
Served with grapefruit & lemon dressing

2.95

#### **Broccoli Salad (125 gr)**

Broccoli, cherry tomatoes & asparagus  
Served with orange & lemon dressing

3.50

#### **Oriental Salad (125 gr)**

Grilled eggplant, tomatoes, cucumber, spring onion,  
fresh mint, parsley & green beans

2.95

### Main Course

#### **Grilled Baby Chicken Seasoned With Herbs (85 gr)**

85 gr of roasted potatoes  
100 gr of grilled vegetables

4.75

#### **Stuffed Veal With Spinach & Vegetables (85 gr)**

85 gr of roasted potatoes  
30 gr of stuffing spinach & vegetables  
50 gr of seamed vegetables  
20 gr purée of broccoli

7.50

#### **Steamed Fresh Salmon (85 gr)**

85 gr of roasted potatoes  
100 gr of steamed vegetables

6.25

#### **Grilled US Beef Fillet (85 gr)**

100 gr of roasted mushrooms & grilled vegetables  
85 gr of mashed potatoes

6.25

### Dessert

150 gr of seasonal fresh fruit cuts

2.50

# The Healthy Menu by Raja' Batarseh

## Men Section

### Salad

#### **Mixed Green Salad (150 gr)**

Served with lemon mustard dressing

3.50

#### **Healthy Salad (150 gr)**

Carrots, beet root, baby leaves, cucumber & cherry tomatoes  
Served with grapefruit & lemon dressing

3.50

#### **Broccoli Salad (150 gr)**

Broccoli, cherry tomatoes & asparagus  
Served with orange & lemon dressing

4.50

#### **Oriental Salad (150 gr)**

Grilled eggplant, tomatoes, cucumber, spring onion  
fresh mint, parsley & green beans

3.50

### Main Course

#### **Grilled Baby Chicken Seasoned With Herbs (115 gr)**

115 gr of roasted potatoes

130 gr of grilled vegetables

5.50

#### **Stuffed Veal With Spinach And Vegetables (115 gr)**

115 gr of roasted potatoes

40 gr of stuffing spinach & vegetables

60 gr of seamed vegetables

30 gr purée of broccoli

9.50

#### **Steamed Fresh Salmon (115 gr)**

115 gr of roasted potatoes

130 gr of grilled vegetables

7.50

#### **Grilled US Beef Fillet (115 gr)**

130 gr of roasted mushrooms & grilled vegetables

115 gr of mashed potatoes

8.25

### Dessert

150 gr of seasonal fresh fruit cuts

2.50