

WINTER BREAKFAST MENU

OUR MENU CHANGES SEASONALLY

Daily Breakfast: 9 a.m. to 12 p.m. | Weekends: 9 a.m. to 1 p.m.

TRADITIONAL BREAKFAST



- Falafel** 5 pieces 1.95
- Foul** 1.95
- Hummus** 1.95
add on: minced meat 1.00
- Moutabal** 1.95
- Beetroot Moutabal** 1.95
- Fatteh Hummus** contains gluten 3.75
add on: minced meat 1.00
- Labaneh Balls** 2.95
- Grilled Halloumi** 4.25
- Za'atar** and olive oil dip 2.25
- Qalaya** mildly spicy cooked tomatoes 2.95
- Makdous** stuffed small eggplants with walnuts and mild chili 2.50
- Seasonal Mixed Vegetable Platter** 2.75
- Mixed Homemade Pickles** 2.50
- Black or Green Olives** 2.50

The above is served with pita or taboun bread

TRADITIONAL BREAKFAST

25.00 (meal for 4)

hummus, foul, mofarakah potato, saj cheese and za'atar, plain labaneh balls, grilled halloumi, qalaya, makdous, green and black olives, mixed pickles and seasonal mixed vegetable platter.

The above is served with pita or taboun bread, brewed black tea with sage and filtered water

WRAPS AND TOAST

- Za'atar Saj** 3.25
- Falafel Saj** with tahini sauce 2.95
- Halloumi Saj** 4.50
- Circassian Cheese Saj** 3.50
- Avocado on Toast** 5.25
two pieces of wholegrain toast topped with our special hummus, sliced avocados, cherry tomatoes and flax seeds
add: *poached eggs* 1.50 | *smoked salmon* 3.00
- French Toast** 3.25
two pieces of white toast topped with RSCN reserve honey or maple syrup
- RSCN Reserve Honey** 2.25
with toast and butter
- RSCN Reserve Jam** 2.25
with toast and butter

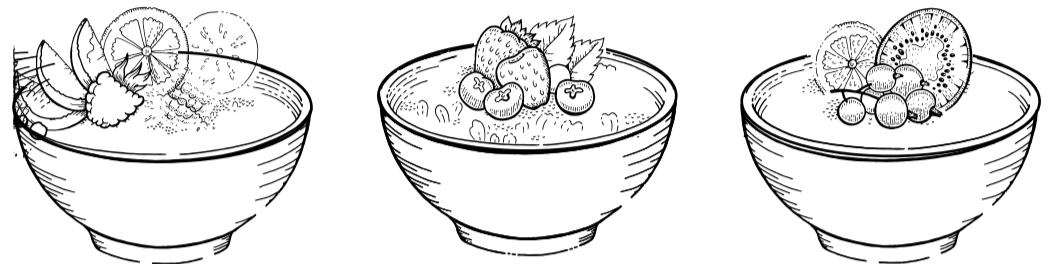
EGGS

- Eggs Any Style** 3 eggs 3.50
your choice of omelette, scrambled, poached, sunny side up, over easy, hardboiled
- Mofarakah** 4.25
eggs with potatoes and a dash of parsley
- Eggs Benedict with Salmon** 5.95
poached eggs with smoked salmon and hollandaise sauce
- Shakshuka** 3.25
eggs with tomatoes, bell peppers, onion, garlic with chili pepper
- Za'atar Olive Oil Fried Eggs** 3.50
three sunny side up eggs cooked with our special zeit and zatar mix

All the above are served with roasted potatoes, grilled mushrooms, grilled tomatoes and fresh za'atar, local pita or whole wheat taboun bread

PANCAKES, CREPES AND BARS

- Apple Oatmeal Pancakes** **New** 3.75
apple and oatmeal batter, seasonal fruits with a drizzle of honey
- Pancakes with Maple Syrup** 3.25
extra toppings vary
- Choco Banana Crepe** 3.95
served with Nutella
- Guilt Free Date Bar** *by myskinnyseasons* 3.50
oatmeal, dates, coconut, ground flaxseed, walnuts, served with yoghurt



PARFAITS AND BOWLS



- Apple Pie Parfait** 2.95
yoghurt with sliced apples, walnuts, toasted almonds, a drizzle of honey and a dash of cinnamon
- Super Blue Bowl** 4.50
yoghurt with organic spirulina powder, oats and toasted walnuts, mixed berries and bananas on top
- Pomegranate Smoothie Bowl** 3.75
yoghurt with a creamy strawberry blend, oats with pomegranate, strawberries, shaved almonds and a drizzle of honey
- Make Your Own Yoghurt Bowl** 1.50
fresh yoghurt with your choice of toppings

EXTRA TOPPINGS

- Fresh Seasonal Toppings** 0.75
apple, banana, orange, kiwi, and seasonal fruits
- Frosting** 1.50
chocolate syrup, maple syrup, reserve honey, reserve jam, nutella
- Non-Dairy Milk** 1.50
a glass of almond milk
- Nuts** 1.00
walnuts, almonds, flax seeds, super seeds
- Crunch** 2.50
oats

HOMEMADE DESSERTS

- Warm Mixed Berries Crumble** 3.95
mixed berries in fresh orange sauce served with vanilla ice cream
- Apple Pie** 3.95
served with vanilla ice cream
- Chocolate Cake** 3.95
- WJC Sugar Free Carob Bar** 3.50
WJC garden picked fresh carob, coconut flakes, dark chocolate *with no added sugar*, coconut oil
- Feel Good Brownie** with brown sugar 3.25
- Date Molasses** served with tahini sauce 1.95
- Ice Cream** per scoop 1.95

gluten friendly no added sugar | Prices are subject to service charge and sales tax

Items labeled as gluten friendly are produced in a kitchen that contains gluten and may not be suitable for those with a severe celiac allergy.
1 JD donation for King Hussein Cancer Foundation will automatically be added to your bill, over 25JDs, kindly inform us otherwise.

مركز البرية
الأردن
Wild Jordan
Center

FRESH JUICES, GREEN COCKTAILS, SMOOTHIES AND SHAKES

Fresh seasonal fruits are used in all our juices, smoothies, shakes and cocktails
All fresh juices, smoothies and shakes available for takeaway

Juices 3.75

Fresh Juice

orange, carrot, strawberry, apple, kiwi, lemon, tomato

Fresh Juice Cocktail

choose your own combination from any of the fruits available

Green Cocktails 3.75

Apple Pomegranate pomegranate, apple, banana, spinach, honey *

Cucumber Ginger apple, fresh cucumber, ginger, mint

Green Detox apple, kiwi, celery, honey, spinach leaves, lime juice

Aloe Vera Goodness organic aloe vera gel from RSCN reserves, cucumber, ginger, honey, lemon juice

Green Super Spirulina banana, cucumbers, spinach, spirulina, almond milk, honey

Smoothies 3.75

Frozen Lemonade Smoothie

lemon, zest of lime, mint

Orange Lemonade Smoothie

slices of orange and lemon blended with orange and lemon juice

Freshness Smoothie

strawberry, mint, lime

Beetroot Strength

beetroot, strawberry, kiwi, ginger, honey

Orange Warrior

blended orange, carrots, ginger (optional: honey)

Cinnamon Mocha *by myskinnyseasons* *

coffee, almond milk, medjool dates, walnuts, cinnamon
(can be served without coffee)

Shakes 3.75

Wild Shake

orange, strawberry, banana, vanilla ice cream

Purple Rain Shake

strawberry, yoghurt, blueberry ice cream

Date Shake

dates, mint, milk

TCHABA ICE TEA COCKTAILS 3.75

Iced Peach

peach syrup, brown sugar, fresh lemon juice with royal breakfast tea

Iced Berry

cranberry juice, grenadine syrup with ginger calm tea

Masala Tea

SIGNATURE RESERVE TEAS 2.75

Sage Herbal Tea

Rosemary Herbal Tea

Thyme Herbal Tea

Verbena Herbs *malleeseh*

COFFEE

Turkish Coffee 1.75

Organic Italian Coffee 3.95

Molinari Coffee

Espresso 2.95

American Coffee 2.95

Decaffeinated 2.95

Latte Machiatto 3.25

Cappuccino 3.25

Date Coffee coffee, almond milk, dates 3.25 *

Molinari Coffee Cocktails

Chocolate Dream 3.95

espresso, chocolate ice cream, whipped cream, chocolate chip and mint

Almond Coffee 3.95

american, almond syrup, hot milk, whipped cream

Vanilla Cappuccino 3.95

espresso, vanilla ice cream, whipped cream, chocolate chip

Iced Hazelnut Macchiato 3.95

espresso decaffeinated, hazelnut syrup, crushed ice

TCHABA TEA SELECTION 3.25

Royal Breakfast

blend of black tea leaves

Green Tea Curls

green tea leaves rich in antioxidants

Earl Grey Flora

black tea, bergamot oil, violets

Moroccan Nights

green tea and mint

Masala Chai

black tea, black pepper, cardamom, ginger, star anise

Jasmine Haze

white tea and jasmine blossom

Rosa

white tea, green tea, rose petals

Chamomile Breeze

chamomile, mint, hibiscus, lemongrass, orange peel

Ginger Calm

ginger, lemon, orange peels, licorice, mint, lemongrass

Add almond milk 0.50

OTHER DRINKS *

Black Tea with sage 1.50

Wellness Drink a selection of garden grown herbs, cinnamon sticks 1.75

Homemade Iced Tea (ask your server for the different flavors) 1.95

Garden Grown Herbs with boiled water 1.75

Cinnamon Sticks boiled with coconut flakes and walnuts 2.25

Hot Chocolate sweetened with honey 3.25

STILL AND SPARKLING WATER

1L Filtered Water 1.00

Hildon Still Water large 3.50

Hildon Still Water small 1.75

Hildon Sparkling large 4.25

Hildon Sparkling small 2.50

Infused Water 1.50

Detox Water

Energizing Fruity Water (seasonal fruits)



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WINTER MAIN MENU

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OUR MENU CHANGES SEASONALLY

BITES TO SHARE

Mezze Sampler 4.50

hummus, moutabal, baked falafel balls served with pita or whole wheat taboun bread

Keto Almond Breaded Chicken Tenders 5.50

served with homemade ranch dip

Avocado Hummus 3.50

served with pita bread

Garlic Lemon Mushrooms **New** 3.50

pan fried zesty garlic mushrooms

Avocado Bites 4.75

whole grain toast topped with mashed avocados, cherry tomatoes and black olives

add on: halloumi 1.50

Pita Crackers 3.50

toasted Arabic bread with labaneh dip

Beetroot and Goat Cheese Bites **New** 6.50

toasted bread with a goat cheese spread, topped with beetroot, rocket, and pine nuts

SOUP

Traditional Lentil Soup 3.50

served with toasted brown pita bread

Soup of the Day 3.50

Ask your waiter about today's soup

TRADITIONAL MEAL

32.00 (meal for 4)

hummus, moutabal, potato mofarakah with mushrooms, fatoush salad, grilled halloumi, qalaya, chicken shawerma platter, meat shawerma platter, tahini dip, garlic dip, green and black olives, mixed pickles with seasonal mixed vegetables.

The above is served with pita or whole wheat taboun and filtered water



SALADS

Fatoush Za'atar Salad 4.50

fresh za'atar, tomatoes, cucumbers, green onions, lettuce, colored bell peppers, toasted pita bread with pomegranate molasses dressing

Walnut Apple Flax Salad 4.75

chunks of apples, mixed greens, walnuts and flax seeds with dijon honey dressing

Lentil Pumpkin Salad **New** 4.95

brown lentils, red onions, roasted pumpkin, almond flakes, goat cheese, rocket with apple cider vinaigrette

Za'atar Chicken Freekeh Bowl **New** 4.95

pomegranate, green chili, mint, parsley, green onions, rocket, freekeh, za'atar marinated chicken, with pomegranate molasses za'atar dressing

Buddha Bowl *by myskinnyseasons* 6.95

avocado, kale, quinoa, roasted beetroot, sweet potato, chickpeas with honey mustard dressing

Quinoa Salad 5.50

red and white quinoa with rocca, cherry tomatoes, pomegranates, feta cheese and orange citrus vinaigrette dressing

Strawberry Avocado Salad 4.75

freekeh with mixed greens, avocados and strawberries, with an orange balsamic vinaigrette sauce and a sprinkle of grilled pine nuts

Sweet Potato & Halloumi Salad 4.95

mixed greens, grilled sweet potatoes, grilled beetroot, halloumi cheese, cherry tomatoes, flax seeds with pomegranate and honey mustard dressing

Chicken Avocado Salad 5.75

a mix of local lettuce, avocados, spring onions, grilled chicken breast and crumbled white feta cheese with citrus dressing

Kale Caesar Salad 6.75

kale, baked croutons, crispy chickpeas, toasted almonds with a light yoghurt dressing and parmesan cheese shavings

Shawerma Salad 5.50

shredded chicken shawerma, mixed greens, tomatoes, corn, pomegranate, pitted local olives, topped with a tahini and thyme dressing

Salad Toppings

avocado	1.50	grilled chicken breast	2.00
baked falafel balls	0.50	grilled chicken skewers	3.00
feta cheese	1.50	smoked salmon	3.00
2 boiled eggs	1.50	sweet potato cubes	1.00
beef strips	3.00		

PASTA

Penne 5.95

homemade tomato sauce, homemade pesto sauce, cream sauce or aglio e olio

Spaghetti Bolognese 5.95

bolognese with homemade tomato sauce or cream sauce

Cardamom Spaghetti 5.95

minced meat infused with cardamom and local spices, with grilled pine nuts and shaved parmesan

LIGHT WRAPS AND SANDWICHES

all sandwiches and light wraps are served with a side salad

Open-Faced Smoked Salmon and Avocado 8.25

avocado mousse with salmon, rocca, green onions, capers on multigrain sauce

Dibeen Chicken Shawerma 4.95

shraak bread with chicken shawerma, tahini sauce and pickles served with grilled potato wedges

Crispy Chicken Wrap 5.75

grilled breaded chicken tenders with lettuce, pickles, tomatoes and homemade ranch sauce in shraak bread

Halloumi Beef Burger 4.95

with grilled bell peppers, lettuce & our special sauce (mildly spicy) served with grilled potato wedges *may be served with lettuce only*

Steak Wrap 7.50

grilled tenderloin steak cooked with bell peppers, hot peppers and onions mixed with a creamy cheese sauce in shraak bread *may be served in multigrain bread*

Grilled Halloumi 4.50

halloumi, tomatoes, sundried tomato paste with homemade pesto in multigrain bread

Green Goodness Sandwich 3.50

grilled eggplants, carrots, zucchini, avocado slices, mixed greens with a special hummus and pesto sauce served in multigrain bread

Grilled Vegetable Pesto Sandwich **New** 3.50

A pesto spread with grilled eggplants, colored bell peppers and crumbled feta cheese on multigrain bread

Gluten-free bread available upon request 2.00

KIDS' CORNER

Grilled Cheese Sandwich 3.75

buttered white toast with mozzarella and cheddar cheese served with crudites and tomato dip

Spaghetti 4.50

with homemade bolognese or cream sauce

Breaded Grilled Chicken Tenders 3.95

served with grilled potato wedges, mixed salad

Mini Lean Burger 4.95

served with grilled potato wedges, mixed salad

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WHOLESOME MAINS

Ajloun Grilled Circassian Chicken 7.95

grilled chicken breast stuffed with circassian white cheese, served with grilled potato wedges, grilled vegetables with a homemade tomato parmesan sauce

Shaumari Spicy Curry Chicken 6.50

masala marinated spicy chicken with coriander and curry served with basmati rice

Vegetarian Spicy Curry New 5.50

sweet potato and lentil balls in curry sauce served with basmati rice

Umm Qais Grilled Chicken 7.95

marinated in fresh garden herbs, served with black olive sauce, grilled potato wedges and vegetables

Azraq Grilled Lamb Chops 12.50

vegetable skewers and a potato and corn mash with gravy mint sauce

Kofta Tahini Bake 7.95

layered with potatoes and onions baked with tahini sauce and rice

Kofta Maftoul New 5.75

kofta balls and maftoul with chickpeas in a homemade tomato sauce

Steak with Sweet Potato Purée New 14.95

beef fillet with a side of spinach, quinoa with sweet potato purée

Grilled Sea Bass 13.50

with sautéed spinach, bell peppers, grilled potato wedges and lemon sauce

Grilled Fish Hammour 8.25

with roasted potatoes, green beans and parsley garlic sauce

No Pasta Lasagna Bake 4.25

layered zucchini and spinach with parmesan cheese and white béchamel sauce

Eggplant Rolls 5.95

zucchini spirals, carrots and potatoes wrapped in thinly sliced eggplants with homemade vegan pesto and tomato sauce

HOMEMADE DESSERTS

Warm Mixed Berries Crumble 3.95

mixed berries in fresh orange sauce served with vanilla ice cream

Apple Pie 3.95

served with vanilla ice cream

Chocolate Cake 3.95

Choco Banana Crêpe 3.95

WJC Sugar Free Carob Bar 3.50

WJC garden picked fresh carob, coconut flakes, dark chocolate with no added sugar, coconut oil

Guilt Free Date Bars *by myskinnyseasons* 3.50

oatmeal, dates, coconut, ground flaxseed, walnuts with yoghurt

Apple Oatmeal Pancakes New 3.75

apple and oatmeal batter, seasonal fruits with a drizzle of honey

Feel Good Brownie with brown sugar 3.25

Date Molasses served with tahini sauce 1.95

Ice Cream *per scoop* 1.95

Super Blue Bowl 4.50

yoghurt with organic spirulina powder, oats and toasted walnuts, mixed berries and bananas on top

Pomegranate Smoothie Bowl 3.75

yoghurt with a creamy strawberry blend, oats with pomegranate, strawberries, shaved almonds and a drizzle of honey

GF

FRESH JUICES, GREEN COCKTAILS, SMOOTHIES AND SHAKES

Fresh seasonal fruits are used in all our juices, smoothies, shakes and cocktails

All fresh juices, smoothies and shakes available for takeaway

Juices 3.75

Fresh Juice orange, carrot, strawberry, apple, kiwi, lemon, tomato

Fresh Juice Cocktail choose your own combination from any of the fruits available

Green Cocktails 3.75

Apple Pomegranate pomegranate, apple, banana, spinach, honey

Cucumber Ginger apple, fresh cucumber, ginger, mint

Green Detox apple, kiwi, celery, honey, spinach leaves, lime juice

Aloe Vera Goodness organic aloe vera gel from RSCN reserves, cucumber, ginger, honey, lemon juice

Green Super Spirulina banana, cucumbers, spinach, spirulina, almond milk, honey

Smoothies 3.75

Frozen Lemonade Smoothie

lemon, zest of lime, mint

Orange Lemonade Smoothie

slices of orange and lemon blended with orange and lemon juice

Freshness Smoothie

strawberry, mint, lime

Beetroot Strength

beetroot, strawberry, kiwi, ginger, honey

Orange Warrior

blended orange, carrots, ginger *(optional: honey)*

Cinnamon Mocha *by myskinnyseasons*

coffee, almond milk, medjool dates, walnuts, cinnamon
(can be served without coffee)

Shakes 3.75

Wild Shake

orange, strawberry, banana, vanilla ice cream

Purple Rain Shake

strawberry, yoghurt, blueberry ice cream

Date Shake

dates, mint, milk

STILL AND SPARKLING WATER

1L Filtered Water 1.00

Hildon Still Water *large* 3.50

Hildon Still Water *small* 1.75

Hildon Sparkling *large* 4.25

Hildon Sparkling *small* 2.50

Infused Water 1.50

Detox Water

Energizing Fruity Water

COFFEE

Turkish Coffee 1.75

Organic Italian Coffee 3.95

Molinari Coffee

Espresso 2.95

American Coffee 2.95

Latte Machiatto 3.25

Decaffeinated 2.95

Cappuccino 3.25

Date Coffee 3.25

coffee, almond milk, dates

Molinari Coffee Cocktails

Chocolate Dream 3.95

espresso, chocolate ice cream, whipped cream, chocolate chip and mint

Almond Coffee 3.95

american, almond syrup, hot milk, whipped cream

Vanilla Cappuccino 3.95

espresso, vanilla ice cream, whipped cream, chocolate chip

Iced Hazelnut Macchiato 3.95

espresso decaffeinated, hazelnut syrup, crushed ice

TCHABA ICE TEA COCKTAILS 3.75

Iced Peach

peach syrup, brown sugar, fresh lemon juice with royal breakfast tea

Iced Berry

cranberry juice, grenadine syrup with ginger calm tea

Masala Tea

SIGNATURE RESERVE TEAS 2.75

Sage Herbal Tea

Rosemary Herbal Tea

Thyme Herbal Tea

Verbena Herbs *malleeseh*

TCHABA TEA SELECTION 3.25

Royal Breakfast

blend of black tea leaves

Green Tea Curls

green tea leaves rich in antioxidants

Earl Grey Flora

black tea, bergamot oil, violets

Moroccan Nights

green tea and mint

Masala Chai

black tea, black pepper, cardamom, ginger, star anise

Jasmine Haze

white tea and jasmine blossom

Rosa

white tea, green tea, rose petals

Chamomile Breeze

chamomile, mint, hibiscus, lemongrass, orange peel

Ginger Calm

ginger, lemon, orange peels, licorice, mint, lemongrass

Add almond milk 0.50

OTHER DRINKS

Wellness Drink a selection of garden grown herbs, cinnamon sticks 1.75

Homemade Iced Tea *(ask your server for the different flavors)* 1.95

Garden Grown Herbs with boiled water 1.75

Cinnamon Sticks boiled with coconut flakes and walnuts 2.25

Hot Chocolate sweetened with honey 3.25

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