

# Winter Lunch and Dinner Menu

Breakfast menu served separately

Daily Breakfast: 9:00 a.m. – 12:00 p.m. | Weekends: 9:00 a.m. – 1:00 p.m.

## BITES TO SHARE

<b>VV Mezze Sampler</b> <small>New</small>	4.50
hummus, moutabal OR beetroot moutabal, baked falafel balls served with pita or whole wheat taboun bread	
<b>Grilled Barbeque Chicken Skewers</b>	4.75
grilled barbeque chicken breast with sweet and sour dressing on the side	
<b>VV Avocado Bites</b>	4.75
whole grain toast topped with mashed avocados, cherry tomatoes and black olives	
<b>VV Pita Crackers</b> <small>New</small>	3.50
toasted Arabic bread with beetroot moutabal	

## SOUPS

<b>VV Traditional Lentil Soup</b>	3.50
served with toasted brown pita bread	
<b>VV Sweet Potato Soup</b> <small>New</small>	3.75
topped with toasted pine nuts	

## SALADS

<b>VV Quinoa Salad</b>	5.50				
white and red quinoa mixed with rocca, cherry tomatoes and orange infused raisins, topped with orange citrus vinaigrette					
<b>VV Walnut Apple Flax Salad</b>	4.75				
chunks of apples, mixed greens, walnuts and flax seeds with dijon honey dressing					
<b>V Sweet Potato &amp; Halloumi Salad</b> <small>New</small>	4.95				
mixed greens, grilled sweet potatoes, halloumi cheese, avocado, cherry tomatoes, flax seeds with pomegranate and honey mustard dressing					
<b>VV Baked Falafel Salad</b>	4.50				
baked falafel balls, mixed greens, avocados, cherry tomatoes, toasted pine nuts with thyme tahini dressing					
<b>VV Fatoush Za'atar Salad</b>	4.50				
fresh za'atar, tomatoes, cucumbers, green onions, lettuce, colored bell peppers, toasted pita bread with pomegranate molasses dressing					
<b>VV Date Avocado Salad</b>	5.25				
freekeh with mixed greens, avocados and dates, with an orange balsamic vinaigrette sauce and a sprinkle grilled pine nuts on top					
<b>V Buddha Bowl</b> (myskinnyseasons)	6.95				
avocado, mixed greens, quinoa, roasted beetroot, sweet potato, chickpeas with honey mustard dressing					
<b>Chicken Avocado Salad</b>	5.75				
a mix of local lettuce, avocados, spring onions, grilled chicken breast and crumbled white feta cheese with citrus dressing					
<b>Shawerma Salad</b>	5.50				
shredded chicken shawerma, mixed greens, tomatoes, pitted local olives and grilled eggplant bites topped with a tahini and thyme dressing					
<b>Warm Grilled Chicken Salad</b> <small>New</small>	4.95				
grilled zucchini, carrots, eggplants with roasted sweet potatoes on a bed of mixed greens with grilled chicken breast and spinach pesto dressing					
<b>Salad add on</b>					
avocado	1.50	2 boiled eggs	1.50	grilled chicken skewers	3.00
baked falafel balls	0.50	beef strips	3.00	smoked salmon	3.00
feta cheese	1.50	grilled chicken breast	2.00	sweet potato cubes	1.00

## KIDS' CORNER

<b>Grilled Cheese Sandwich</b> .....	3.75
buttered white toast with mozzarella and cheddar cheese served with crudités and tomato dip	
<b>Spaghetti</b> .....	4.50
with homemade bolognese or cream sauce	
<b>Breaded Grilled Chicken Tenders</b> .....	3.95
served with grilled wedged potato wedges, mixed salad	
<b>Mini-Lean Burger</b> .....	4.95
served with grilled potato wedges, mixed salad	

## TRADITIONAL MEAL FOR 4

32.00

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 tabbou and filtered water



## LIGHT WRAPS & SANDWICHES

all sandwiches and light wraps are served with a side salad

<b>V Grilled Halloumi</b> .....	4.50
halloumi, tomatoes, sundried tomato paste with homemade pesto in multigrain bread	
<b>V Open-Faced Smoked Salmon and Avocado</b> .....	8.25
avocado mousse with salmon, rocca, green onions, capers on multigrain bread	
<b>Dibeen Chicken Shawerma</b> .....	4.95
shrak bread with chicken shawerma, tahini sauce and pickles served with grilled potato wedges	
<b>Halloumi Beef Burger</b> <sup>New</sup> .....	4.95
with grilled bell peppers, lettuce and our special sauce (mildly spicy) served with grilled potato wedges (may be served with lettuce only)	
<b>Chicken Wrap</b> .....	5.95
sautéed chicken breast with bell peppers, white onions, cajun sauce, soy sauce and melted cheese wrapped in shrak bread served with hummus (may be served with lettuce only)	
<b>Steak Wrap</b> <sup>New</sup> .....	7.50
grilled tenderloin steak cooked with bell peppers, hot peppers and onions mixed with a creamy cheese sauce in shrak bread (may be served in multigrain bread)	
<b>VV Grilled Vegetable Wrap</b> .....	3.50
grilled cauliflower, potatoes, eggplants and tahini sauce in shrak bread, served with a tahini dip	
Gluten-free bread available upon request .....	2.00

## WHOLESOME MAINS

<b>Azraq Grilled Lamb Chops</b> .....	12.50
onions, mushrooms, zucchini and eggplant served with grilled sweet potato wedges and honey mint sauce	
<b>Shamari Spicy Curry Chicken</b> <sup>New</sup> .....	6.50
masala marinated spicy chicken with coriander and curry served with basmati rice	
<b>Ajloun Grilled Circassian Chicken</b> .....	7.95
grilled chicken breast stuffed with circassian white cheese, served with grilled potato wedges, grilled vegetables with a home-made tomato parmesan sauce	
<b>Umm Qais Grilled Chicken</b> .....	7.95
marinated in fresh garden herbs, served with black olive sauce, grilled potato wedges and vegetables	
<b>Grilled Chicken Platter</b> .....	6.75
grilled chicken breast with sautéed vegetables and diced herb roasted potatoes with lemon and fresh tomato sauce	
<b>Grilled Chicken Vegetable Skewers</b> (myskinnyseasons) .....	6.95
served on a bed of sautéed spinach with grilled sweet potatoes and hummus	
<b>Grilled Sea Bass</b> .....	13.50
with sautéed spinach, bell peppers, grilled potato wedges and lemon sauce	
<b>Grilled Fish Hammour</b> <sup>New</sup> .....	8.25
with roasted potatoes, green beans and parsley garlic sauce	
<b>VV Crispy Freekeh Bowl</b> <sup>New</sup> .....	5.50
freekeh with crispy mildly spicy chickpeas, roasted beetroots, cherry tomatoes, cucumbers, parsley with tahini thyme dressing	
<b>GFV No Pasta Lasagna Bake</b> .....	4.25
layered zucchini and spinach with parmesan cheese and white béchamel sauce	
<b>GFVV Vegetable Zoodles</b> <sup>New</sup> .....	5.95
zucchini spirals, carrots and potatoes with diced tomatoes, pitted olives, pine nuts and homemade vegan pesto	

**V** Vegetarian **VV** Vegan **GF** gluten free \*no added sugar

Prices are subject to service charge and sales tax

1 JD donation for King Hussein Cancer Foundation will automatically be added to your bill, over 25JDs, kindly inform us otherwise

## PASTA

<b>V Penne Pasta</b> ..... 5.95	homemade tomato sauce, homemade pesto sauce, cream sauce or aglio e olio
<b>Spaghetti Bolognese</b> ..... 5.95	bolognese with homemade tomato sauce or cream sauce

## HOMEMADE DESSERTS

<b>Warm Mixed Berries Crumble</b> ..... 3.95	mixed berries in fresh orange sauce served with vanilla ice cream
<b>Apple Pie</b> ..... 3.95	served with vanilla ice cream
<b>Chocolate Cake</b> ..... 3.95	
<b>Choco Banana Crepe</b> ..... 3.95	
<b>*GFV WJC Sugar Free Carob Bar</b> ..... 3.50	WJC garden picked fresh carob, coconut flakes, dark chocolate (with no added sugar), coconut oil
<b>VV Date Molasses</b> served with tahini sauce ..... 1.95	
<b>Ice cream</b> (per scoop) ..... 1.95	
<b>*GFV Apple Pie Parfait</b> ..... 2.95	yoghurt topped with sliced apples, walnuts, toasted almonds, a drizzle of honey and a dash of cinnamon
<b>*GFV Orange Infused Smoothie Bowl<sup>New</sup></b> ..... 3.25	yoghurt topped with a creamy orange and banana smoothie with orange slices, raisins, shaved almonds and a sprinkle of cinnamon
<b>*V Banana Oatmeal Parfait</b> ..... 2.75	yoghurt mixed with cocoa powder topped with oatmeal, sliced bananas, walnuts and a drizzle of honey
<b>*GFV Guilt Free Date Bars (myskinnyseasons)</b> ..... 3.50	oatmeal, dates, shredded coconut, ground flaxseed, walnuts, served with yoghurt
<b>*V Oatmeal Pancakes(myskinnyseasons)</b> ..... 3.75	oatmeal, eggs, banana, vanilla extract topped with honey and seasonal fruits

## STILL & SPARKLING WATER

<b>1L Filtered Water</b> ..... 0.50
<b>Hildon Still Water (large)</b> ..... 3.50
<b>Hildon Still Water (small)</b> ..... 1.75
<b>Hildon Sparkling (large)</b> ..... 4.25
<b>Hildon Sparkling (small)</b> ..... 2.50
<b>Infused Water</b> ..... 1.50
Detox Water
Energizing Fruity water



# FRESH JUICES, GREEN COCKTAILS & SMOOTHIES COFFEE

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

## Juices 3.75

**Fresh Juice** orange, carrot, strawberry, apple, banana, kiwi, beetroot, lemon, tomato

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

## Green Cocktail 3.25

✓ **Romaine Apple Mint** apple, head of romaine lettuce, mint, lemon

✓ **Cucumber Ginger** apple, fresh cucumber, ginger, mint

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

## 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

**Wild Smoothie**

orange, strawberry, banana, vanilla ice cream

**Purple Rain Smoothie**

strawberry, yoghurt, blueberry ice cream

\* **Date Smoothie**

dates, mint, milk

\*✓ **Cinnamon Mocha** (myskinnyseasons)

coffee, almond milk, medjool dates, walnuts, cinnamon

## Immunity Boosting 3.75

\*✓ **Aloe Vera Goodness**

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

\*✓ **Orange Warrior**

Blended orange, carrots, ginger (optional: honey)

\*✓ **Beetroot Strength** <sup>New</sup>

beetroot, carrot, apple, orange, ginger with a dash of honey

**Turkish Coffee** ..... 1.75

**Organic Italian Coffee** ..... 3.95

## Nespresso Coffee

**Ristretto** (espresso) ..... 2.95

**Lungo** (american coffee) ..... 2.95

**Decaffeinated** (nespresso) ..... 2.95

**Leggero** (cappuccino) ..... 3.25

**Latte Macchiato** ..... 3.25

## Nespresso Coffee Cocktails

**Chocolate Dream** ..... 3.95

nespresso ristretto, chocolate ice cream, whipped cream, chocolate chip and mint

**Almond Coffee** ..... 3.95

nespresso lungo, almond syrup, hot milk, whipped cream

**Vanilla Cappuccino** ..... 3.95

nespresso leggero, vanilla ice cream, whipped cream, chocolate chip

**Iced Hazelnut Macchiato** ..... 3.95

nespresso 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

**Ask your server for**

\* **Wellness drink** fresh boiled ginger with cardamom, lemon and cinnamon <sup>New</sup> ..... 1.75

**A selection of our homemade ice tea flavors** ..... 1.95

\* **A selection of 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

**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

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