

The Café, at Wild Jordan is part of The Royal Society of The Conservation of Nature (RSCN), which aims to conserve the biodiversity of Jordan and integrate its conservation programs with socio-economic development and sustainability in order to protect nature. The Café reflects the same principles of Wild

Jordan and is true to its motto
“be good to yourself”.

The majority of the menu is inspired by Jordan's wild life and vegetation, using the freshest, organic ingredients mainly from RSCN's nature reserves. This enhances and enriches the flavors of each new item on the menu. A children's menu, to encourage healthy and wholesome food, is also available. Some of our new varieties include

mouthwatering salads, fresh fruit smoothies, appetizing whole wheat bread and a special healthy breakfast served daily.

Our tea selection includes tea from the Mujeb reserve and choices from Tchaba flavored tea, from various parts of the world.

The Café at Wild Jordan promises an exquisite experience, so sit back and enjoy the panoramic view of Old Amman with wholesome food in an environmentally friendly atmosphere.

prices are subject to tax & service

non refined sea salt available

low fat. low carb. low cal.

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ALL WEEK BREAKFAST

Served every day from 9:00 am -11:00 am

Oriental Mezza

foul	1.750
hummos	1.750
makdous	1.950
mutabbal	1.750
green olives with aleppo chili paste	1.750
black olives with lemon zest	1.750
mixed pickles	1.750
plain labaneh	3.750
labaneh & thyme	3.750
labaneh with zaatar	3.750
grilled halloumi	4.250
shakshouka	3.250
fresh zaatar with olive oil	1.750
date molasses with tahineh	1.750

Freshly Baked Saj

• zaatar	3.250
• charkasian cheese	3.250
• zaatar & cheese	3.500
• turkey	4.250
• halloum	4.950

Egg Dishes

served with grilled potatoes, tomatoes & mushrooms

• hard boiled	1.750
• poached	4.250
• scrambled	3.750
• egg benedict	4.500
• your choice of egg white	3.750
• steak & eggs platter with hash brown & fresh fruit cup	4.950
• burrito eggs (<i>scrambled eggs , beef tenders, onions, capsicum and tomato rolled into a soft flour tortilla</i>)	4.950

Omelets

served with grilled potatoes, tomatoes & mushrooms

• plain omelet	3.500
• spanish omelet (<i>capsicum, tomato, parsley</i>)	4.000
• turkey with cheddar omelet	4.250
• oriental with herbs omelet	4.250

French Toast

2.750

four pieces of white toast soaked in milk & cinnamon batter served with butter & icing sugar

Savory Crepes

• vegetable crepe	3.750
• chicken and mushroom crepe	4.250
• salmon crepe	5.500
• turkey & cheddar	4.750

Sweet Crepes

• crepe suzette	3.250
• chocolate crepe	3.250
• strawberry crepe	3.750

“Better to be deprived of food for three days, than tea for one”

(Ancient Chinese Proverb)

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CHERISH THE INDULGENCE OF TCHABA

Price per serving JD 3.750

perceived as one of the most authentic premium tea brands in the world, tchaba pioneered the world's first biodegradable tea sachet which can pack full tea leaf without compromising quality or taste. it only uses full leaf tea which retains the chemicals and oils essential for the delightful tea flavors. With amazing blends from all over the world, tchaba is a timeless treasure for seducing the soul...

One sip is sensuous...one cup divinely decadent

Current Dream *

green tea, red currant, rich with vitamin c. enjoyed without sugar

Masala Chai **

black tea, black pepper, cardamom, ginger, star anise, rich in spices. best enjoyed with honey & milk

Moroccan Nights

green tea, mint, refreshing. enjoyed with sugar

1001 Nights

oolong tea, black tea, freshly combined with citrus flavor of orange peels

Jasmine Pearl

white tea, jasmine blossom. best enjoyed after dinner

Ginger Calm

orange peels, lemon, mint, orange flower, licorice, papaya, ginger apple. delve into the heart of all pleasures

* Enjoyed hot & iced

** Enjoyed as latte

TCHABA ICE TEA

Price per serving JD 4.250

Ice Peach Royal Breakfast

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

Ice Cranberry Ginger Calm

cranberry juice, grenadine syrup, fresh ginger shake with ginger calm tea

Ice Currant Dream Tea With Mixed Berries

mixed jump muddled berries with fresh strawberry shake with currant dream tea

Ice Sencha Zen

fresh basil leaves, lemon slice, brown sugar muddled, topped with sencha zen tea

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Pancakes

three pieces of light and fluffy pancakes, served with maple syrup and light butter:

- plain 3.750
- blueberry 4.000
- strawberry 4.000
- choco 3.250

Waffles

- belgian, served with light whipped cream 4.250
- choco banana 3.950
- fruit salad 3.950

Fresh Homemade Fruit Yoghurt

- kiwi 1.750
- strawberry 1.750
- blueberry 1.750
- fruit salad 1.750

Vegetarian, Healthy & Organic

- organic muesli 6.000
- veggie tofu omelet 6.250
- vegan heaven breakfast (scrambled tofu & grilled vegies) 6.000
- eggs any style (using eggs replacer) 4.250
- soy milk 4.250
- organic coffee 4.250
- gluten free pancake (served with maple syrup & light butter) 4.250
- gluten free crepe 5.000
- gluten free waffle (with strawberry & fresh honey)

KID'S MENU

Tasty Drinks

The Pink Panther Smoothie 2.750

A splendid blend of strawberry, banana, vanilla & chilled yogurt

Winnie The Pooh 2.750

Orange juice, vanilla ice cream & honey

Main Meals

Spaghetti Bolognaise 3.750

Grilled Chicken Tenders with corn salad 3.750

Mini Lean Burger with corn salad & grilled potatoes 3.950

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SOUP OF THE DAY ask your waiter 3.500

SALADS

Artichoke Salad 4.750

artichoke, rocca, parmesan cheese sun dried tomatoes & pine seeds tossed with garlic lemon dressing.

artichoke's high content of potassium decreases the risk of kidney stones.

Walnut Apple Flax Salad 4.500

apple cubes with mixed greens, chunky walnut & sweet corn tossed with honey dijon mustard, garnished with flax seeds.

flax seeds are glossy brown seeds rich in both soluble and insoluble fibre, which can help lower cholesterol and stabilize blood sugar levels.

Strawberry Chunks Salad 4.750

served with avocado and "sharkasieh" cheese in thyme.

strawberry contain a range of nutrients, with vitamin c heading the group.

Crisscrossed Smoked Salmon Salad 10.950

rocca salad & crispy tapenade bread with lime & mayonnaise dressing.

cold water fish like salmon is thought to be 'brain food' because of it's high content of omega 3 fatty acids.

Mixed Chef's Salad 5.250

mediterranean fresh vegetables with black olives, corn, sundried tomato, and vinaigrette dressing

mushrooms contain about 80 to 90 percent water, and are very low in calories only 100 cal/oz.

Wild Seafood Salad 8.250

shrimp, calamari & mussels aglio e olio served on a bed of fresh greens with balsamic dressing.

shrimp is a very good source of vitamin d and vitamin b12.

STARTERS

Bruschetta 4.250

a mix of tomatoes, basil, garlic & olive oil on a crispy bread.

Chicken Sate 6.950

served with peanuts sauce.

Open Face Hash Brown Potato 5.750

topped with smoked salmon, capers & onion served with rocca salad.

capers contain a kind of a glucoside that work as an energizer for the body. they are also said to improve the appetite and digestion.

Banana Split Coffee 4.500

espresso forte, brown sugar, tea biscuit, fresh banana, caramel dessert topping

Strawberry Granita 4.500

espresso forte, fresh strawberry, crushed ice, cane sugar, vanilla syrup

SIGNATURE TEA MENU

price per serving JD 3.00

our signature tea menu will connect the discerning among you with the joys of flavors & blends through a conscientious selection that will add the right touch of refinement, inspiration and style!

Indulge in Wild Jordan Herbal Teas

wild jordan's herbal tea products come directly from the arid terrain of mujib nature reserve, near the dead sea where they were grown and packaged by the local community. the income the farmers receive from growing herbs for wild jordan enables them to earn a living without having to collect plants from inside the reserve. this conserves the wild plant populations in their native areas.

Sage Herbal Tea

let the aroma of this mildly spiced tea transport you to the calm desert nights of arabia. the latin name for sage, salvia, means "to heal."

this aromatic tea has been recommended at one time for virtually every ailment, but modern day usage supports its effect as an aid in digestion and as a useful mouth gargle.

Rosemary Herbal Tea

enjoy a balmy summer day as you sip this fragrant tea.

rosemary, which in latin means "dew of the sea" has an old reputation for improving memory and is frequently used to treat headaches, asthma, and some skin diseases.

Thyme Herbal Tea

calm your mind while drinking this tea as the antiseptic properties of thyme work to guard your body against infection.

this herbal tea is widely used by local people to treat respiratory infections and inflammation of the throat.

Verbena Herbs (Malleise)

verbena has long been associated with divine and supernatural forces so let your imagination run wild as you drink these sweet-scented herbs!

verbena is effective in treating stomach aches and is also used for flavoring drinks

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GREEN COCKTAILS

Romaine Apple Mint	3.250
<i>apples, head of romaine lettuce, mint, lemon</i>	
Cucumber & Ginger	3.250
<i>apple, cucumber, ginger, mint</i>	
Spinach Drink	3.250
<i>spinach leaves, banana, almond, milk, syrup</i>	

SOFT DRINKS & WATER

Bario <i>Non Alcoholic Beer</i>	3.500
Fizzy Drinks	2.500
Pepsi, Pepsi Diet, 7Up, 7Up Diet	
G+ Ginseng	2.750
<i>soda water, ginger ale, pink lemonade, bitter lemon, tonic water, cranberry, grenadine.</i>	
Energy Drinks	3.500
Red Bull, Sugar Free Red Bull	
Still & Sparkling Water	
Local Still Water	Large 1.950 Small 1.250
Imported Large Still Water	4.950
<i>acqua panna</i>	
Imported Small Sparkling Water	3.250
<i>perrier, san pellegrino</i>	
Imported Large Sparkling Water	4.950
<i>san pellegrino</i>	

NESPRESSO COFFEE

Ristretto, Espresso, Lungo <i>(american coffee)</i>	3.500
Latte Macchiato, Espresso Macchiato, Cappuccino, Iced Macchiato	3.750
Italian Organic Coffee	4.500

NESPRESSO COFFEE COCKTAILS

Chocolate Dream	4.500
<i>ristretto coffee, chocolate ice cream, whipped cream, chocolate chips, mint leaf</i>	
Iced Hazelnut Macchiato	4.500
<i>espresso decaffeinato, hazelnut syrup, crushed ice</i>	
Mojito Coffee	4.500
<i>espresso leggero, lime, mint leaves, cane sugar, sparking water, crushed ice</i>	
Almond Coffee	4.500
<i>espresso leggero, almond syrup, hot milk, whipped cream</i>	

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SANDWICHES

All sandwiches are served with salad of the day.

Rocca Labneh Sandwich	4.750
<i>filled with rocca, cucumber, black olives & tomatoes</i>	
Grilled Halloumi	6.500
<i>with tomato on a mattress of rocca & pesto sauce</i>	
Smoked Turkey Deli	5.500
<i>with lettuce, tomatoes, olive paste & the reserves sun dried tomatoes.</i>	
<i>turkey contains more protein per ounce than other meats, the white meat of turkey is generally considered healthier than dark meat because of its lower saturated fat content.</i>	
Smoked Salmon Mount	12.950
<i>norwegian smoked salmon on brown bread topped with onion rings, capers and lemon slices, served with green leaves salad</i>	
<i>brown bread doesn't provide less calories than white bread it only contains extra fibre which makes it more nutritious.</i>	
Olive Ciabatta Mixed Cheese	6.250
<i>a mix of sharkasieh, mozzarella, and parmesan cheeses with rosemary dibben mushrooms served in a freshly baked ciabatta bread.</i>	
<i>olive oil has unrivaled benefits including overall therapeutic qualities</i>	
Open Face Avocado Chicken Sandwich	7.950
<i>topped with caramelized onions and cajun mayo</i>	
<i>despite the avocado's high fat content, it contains numerous enzymes that facilitate the breakdown of fats making it helpful for the stomach and intestines.</i>	
Musakhan Rolls	8.000
<i>stuffed with chicken, sumac and onions served with sour cream</i>	
<i>sumac is a good source of vitamin c.</i>	
Mujeb Chicken Wrap	7.950
<i>shredded grilled chicken with fresh vegetables wrapped in baked tortilla and served with sour cream and mexican tomato salsa.</i>	
<i>cumin in tomato salsa aids in digestion & relieves the stomach after a big meal.</i>	
Quinoa Burger	8.500
<i>quinoa mixed with mashed potato, herbs & vegetables.</i>	

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PASTA

all kinds of pasta served with parmesan cheese

Spaghetti or Fusilli 5.950

Organic Pasta 7.500

Gluten Free Penne 7.500

choose your favorite sauce:

Sauces

- pesto sauce topped with cherry tomatoes & parmesan cheese.
- pomodoro topped with fresh rocca leaves.
- light cream topped with parmesan cheese.
- aglio e olio.

<u>to add</u> grilled chicken	2.250
beef strips	3.750
smoked salmon	3.950
shrimps per piece	1.500

MAIN COURSE

The Citadel Spicy Chicken Curry 7.950

coriander curry sauce and seasonal vegetable ragout resting on marinated chicken with mixed spices & noodles.

curry powder provides a range of health benefits because of its key ingredient turmeric with helps prevent alzheimer's.

Finan Grilled Stuffed Chicken 7.250

with a light filling of sharkasieh cheese herbal mix crowned by tomato basil sauce & served with golden roast potatoes.

basil is an excellent source of a variety of key nutrients, particularly vitamin c, calcium, vitamin a and phosphorus. furthermore, basil is a useful source of magnesium, potassium and iron.

Um-Qais Grilled Chicken 7.750

marinated in fresh garden herbs on top of beautifully balanced black olive sauce, served with lemon zest potatoes & bouquet of grilled fresh vegetables.

wild café herbs contain oregano which stimulates the appetite to facilitate digestion, and has beneficial effect on the respiratory system. it also eases migraines, car sickness, and insomnia.

Dana Grilled Beef Fillet Strips 15.250

cut in strips with grilled capsicum, potato, carrots & bean sprouts, on top of delicate sweet chilli soy sauce.

the health benefits of capsicum far exceed that of any fruit as it contains far more anti-oxidants that are derived from its rich colors.

"Wadi Araba" Beef Fillet 15.950

with mushroom sauce served with sautéed vegetables & cajun potatoes

potatoes are packed with a variety of vitamins and minerals that ward off diseases and benefit health.

Reserves Salmon Steak 12.950

with sautéed lentil, cherry tomatoes & rocca topped with lemon capers sauce.

our 8 oz salmon steak provides you with over 100% of your b12 daily value.

Aqaba Grilled Seafood 17.950

shrimp, l'ous, Mussels & calamari served with coriander creamy lemon sauce, sautéed potato.

seafood is a nutrient rich food that is a good source of protein, vitamins and minerals. try eating it twice a week.

DESSERT

Chocó Banana 3.950

banana, nutella, & almonds.

Chocolate Brownies 3.950

with one scoop of vanilla ice cream.

Ice cream and Sorbet / Per scoop. 1.750

Apple Pie with vanilla ice cream 3.950

Homemade Cheesecake with fresh strawberry coulis 3.950

Chocolate Cake 3.950

FRESH SMOOTHIES

only fresh fruits are used in all juices & smoothies, low fat soy milk is available for your coffee.

Apple Kiwi Smoothie 4.500

apple & mint blended with yogurt kiwi ice cream.

Orange Lemonade Smoothie 3.500

slices of orange & lemon blended with orange & lemon juice.

Freshness 4.500

trio of fresh strawberry, mint & lime.

Cocktail Surprise 3.500

strawberry, orange, banana, mint and lime.

Frozen Lemonade 3.500

lemon and lime with lime zest & mint.

Wild Smoothie 3.500

orange, strawberry, banana & vanilla ice cream.

Purple Rain Smoothie 4.500

blueberry ice cream, fresh strawberry & chilled yogurt.

Light Banana Smoothie 3.500

caramel, banana, yogurt, & skimmed milk.

Date Smoothie 3.500

date, mint & skimmed milk.

Fresh Juices 3.250

orange, strawberry, apple, banana, kiwi, lemon or tomato.

Fresh Juice Cocktail 3.500

any combination of the above.

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