

MAIN MENU

OUR MENU CHANGES SEASONALLY

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

BITES TO SHARE

- Mezze Sampler** 4.50
hummus, moutabal OR beetroot moutabal, baked falafel balls served with pita or whole wheat taboun bread
- Keto Almond Breaded Chicken Tenders** 5.50
homemade ranch dip
- Beef Skewers** ^{New} 7.25
cajun dip
- Avocado Bites** 4.75
whole grain toast with mashed avocados, cherry tomatoes and black olives
- Pita Crackers** 3.50
labaneh dip

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SOUP

- Traditional Lentil Soup** 3.50
with toasted brown pita bread
- Sweet Potato Soup** 3.75
with toasted golden pine nuts on top

TRADITIONAL MEAL FOR 4 32.00

hummus, moutabal, potato mofarakah with mushrooms, fatoush salad, grilled halloum, 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 taboun bread 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
- Quinoa Salad** 5.50
white and red quinoa mixed with rocca, cherry tomatoes and orange infused raisins with orange citrus vinaigrette
- Buddha Bowl (myskinnyseasons)** 6.95
avocado, kale, quinoa, roasted beetroot, sweet potatoes, chickpeas with honey mustard dressing
- Crispy Freekeh Bowl** 5.50
freekeh with crispy mildly spicy chickpeas, roasted beetroots, cherry tomatoes, cucumbers, parsley with tahini thyme dressing
- Date Avocado Salad** 5.25
freekeh with mixed greens, avocados and dates, with orange balsamic vinaigrette sauce and a sprinkle of grilled pine nuts
- Walnut Apple Flax Salad** 4.75
chunks of apples, mixed greens, walnuts and flax seeds with dijon honey dressing
- Sweet Potato and Halloum Spinach Salad** ^{New} 5.95
grilled halloum cheese, sweet potatoes, roasted beetroot, toasted walnuts on a bed of baby spinach with balsamic vinegar dressing
- Kale Caesar Salad** ^{New} 6.75
kale, baked croutons, crispy chickpeas, toasted almonds with light yoghurt dressing and parmesan cheese shavings
- Chicken Avocado Salad** 5.75
local mixed lettuce, avocados, spring onions, grilled chicken breast and crumbled white feta cheese with citrus dressing
- Shawerma Salad** 5.50
shredded chicken shawerma, mixed greens, tomatoes, pitted local olives and grilled eggplant bites with tahini and thyme dressing

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Salad Toppings

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

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 bread
- Dibeen Chicken Shawerma** 4.95
shraq bread with chicken shawerma, tahini sauce and pickles with grilled potato wedges
- Crispy Chicken Wrap** 5.75
grilled breaded chicken tenders with lettuce, pickles, tomatoes and homemade ranch sauce with shraq bread
- Halloum Beef Burger** 4.95
grilled bell peppers, lettuce, special mild spicy sauce 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 shraq 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 Wrap** 3.50
grilled cauliflower, potatoes, eggplants and tahini sauce with tahini dip and shraq bread

Gluten-free bread available upon request 2.00

KIDS' CORNER

- Grilled Cheese Sandwich** 3.75
buttered white toast with mozzarella and cheddar cheese with crudites and tomato dip
- Spaghetti** 4.50
homemade bolognese or cream sauce
- Breaded Grilled Chicken Tenders** 3.95
with grilled potato wedges and mixed salad
- Mini Lean Burger** 4.95
with grilled potato wedges and mixed salad

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



WHOLESOME MAINS

Ajloun Grilled Circassian Chicken 7.95
grilled chicken breast stuffed with circassian white cheese with grilled potato wedges, grilled vegetables and homemade tomato parmesan sauce

Shaumari Spicy Curry Chicken 6.50
masala marinated spicy chicken with coriander and curry served with basmati rice

Umm Qais Grilled Chicken 7.95
marinated in fresh garden herbs with black olive sauce, grilled potato wedges and vegetables *(contains gluten)*

Azraq Grilled Lamb Chops 12.50
onions, mushrooms, zucchini and eggplant served with grilled sweet potato wedges and honey mint sauce

Kofta Tahini Bake **New** 7.95
with potatoes and onions baked with tahini sauce and rice on the side

Beef Shawerma Platter **New** 7.95
beef shawerma, grilled tomatoes, mixed pickles, onions with sumac, tahini dip and shraq bread

Mousaka **New** 7.95
layered eggplants and minced lamb with fresh tomato sauce and white rice

Grilled Sea Bass 13.50
sautéed spinach, bell peppers, grilled potato wedges and lemon sauce

Grilled Fish Hammour 8.25
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 sauce and tomato sauce

HOMEMADE DESSERTS

Warm Berry Crumble
mixed berries in fresh orange sauce with vanilla ice cream

Apple Pie 3.95
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, coconut oil

Guilt Free Date Bars *(myskinnyseasons)* 3.50
oatmeal, dates, shredded coconut, ground flaxseed, walnuts with yoghurt

Oatmeal Pancakes *(myskinnyseasons)* 3.75
oatmeal, eggs, bananas, vanilla extract with honey and seasonal fruits

Feel Good Brownie with brown sugar 3.25

Date Molasses with tahini sauce 1.95

Ice cream (per scoop) 1.95

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FRESH JUICES, SMOOTHIES AND GREEN COCKTAILS

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

Green Cocktails 3.75

Romaine Apple Mint apples, head of romaine lettuce, mint, lemons
Cucumber Ginger apples, fresh cucumbers, ginger, mint
Green Detox apples, kiwi, celery, honey, spinach leaves, lime juice

Smoothies 3.75

Frozen Lemonade Smoothie
lemons, zest of lime, mint
Orange Lemonade Smoothie
slices of oranges and lemons blended with orange and lemon juice

Freshness Smoothie
strawberries, mint, lime

Wild Smoothie
oranges, strawberries, bananas, vanilla ice cream

Purple Rain Smoothie
strawberries, yoghurt, blueberry ice cream

Date Smoothie
dates, mint, milk

Cinnamon Mocha *(myskinnyseasons)*
coffee, almond milk, medjool dates, walnuts, cinnamon
(may be served without coffee)

Mint Chocolate Smoothie
bananas, spinach, almond milk, mint, honey

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
beetroots, carrots, apples, oranges, ginger with a dash of honey

Vitamin Boost **New**
oranges, ginger, bananas, cinnamon, fresh basil, honey

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

Nespresso Coffee

Ristretto (espresso) 2.95

Lungo (american coffee) 2.95

Decaffeinated (nespresso) 2.95

Leggero (cappuccino) 3.25

Latte Macchiato 3.25

Golden Latte 3.25
(with turmeric and ginger)

Date Coffee **New** 3.25
(coffee, almond milk, dates)

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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
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

OTHERS

Wellness Drink a selection of garden grown herbs, cinnamon sticks 1.75
Garden Grown Herbs with boiled water 3.95
Cinnamon Sticks boiled with coconut flakes and walnuts 2.75
Hot Chocolate sweetened with honey 2.95



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