

# Summer 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>V Mezze Sampler</b> .....	4.50
hummus, moutabal OR zucchini moutabal, baked falafel balls served with pita or whole wheat taboun bread	
<b>GF Keto Almond Breaded Chicken Tenders</b> <small>New</small> .....	5.50
spicy barbecue dip	
<b>VV Avocado Bites</b> .....	4.75
whole grain toast topped with mashed avocados, cherry tomatoes and black olives	
<b>V Pita Crackers</b> .....	3.50
toasted arabic bread with labaneh and mint dip	

## SOUPS

<b>VV Traditional Lentil Soup</b> .....	3.50
served with toasted brown pita bread	

## SALADS

<b>GFVV Quinoa Salad</b> .....	5.50
white and red quinoa mixed with rocca, cherry tomatoes and orange infused raisins, topped with orange citrus vinaigrette	
<b>GFV Walnut Apple Flax Salad</b> .....	4.75
chunks of apples, mixed greens, walnuts and flax seeds with dijon honey dressing	
<b>GFV Watermelon &amp; Halloumi Salad</b> <small>New</small> .....	4.95
mixed greens, grilled halloumi cheese, cubed watermelon, avocado, toasted walnuts, cucumbers and radish with balsamic vinegar dressing	
<b>GFVV 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 Strawberry Avocado Salad</b> .....	5.25
freekeh with mixed greens, avocados and strawberries, with an orange balsamic vinaigrette sauce and a sprinkle grilled pine nuts on top	
<b>GFV Power Bowl (myskinnyseasons)</b> .....	6.95
avocado, mixed greens, quinoa, sautéed sweet peppers, roasted broccoli, chickpeas with honey mustard dressing	
<b>GF 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>GF 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>GF Mediterranean Summer Chicken Salad</b> <small>New</small> .....	6.50
mixed greens, avocado, fresh corn, cherry tomatoes, pitted olives with grilled chicken breast and herb lemon dressing	
<b>VV Crispy Chickpea Bowl</b> <small>New</small> .....	5.50
freekeh with crispy mildly spicy chickpeas, mixed greens, avocado, cucumbers and cherry tomatoes with tahini thyme dressing	

### Salad add on

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		

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

## KIDS' CORNER

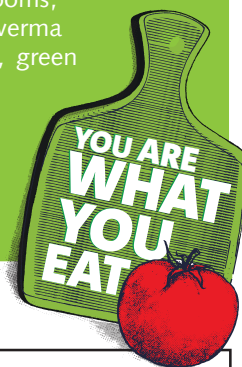
<b>Grilled Cheese Sandwich</b> .....	3.75
buttered white toast with mozzarella and cheddar cheese served with crudités and tomato dip	
<b>Spaghetti</b> .....	4.50
with homemade bolognese or cream sauce	
<b>Breaded Grilled Chicken Tenders</b> .....	3.95
served with grilled wedged potato wedges, mixed 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 sauce	
<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> .....	5.50
with grilled bell peppers, lettuce & 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>Crispy Chicken Wrap</b> <sup>New</sup> .....	5.75
grilled breaded chicken tenders with lettuce, pickles, tomatoes and homemade ranch sauce with shrak bread	
<b>VV Green Goodness Sandwich</b> <sup>New</sup> .....	3.50
grilled eggplants, carrots, zucchini, avocado slices, mixed greens with a special hummus and pesto sauce served in multigrain bread	
<b>Steak Wrap</b> .....	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>GF Azraq Grilled Lamb Chops</b> .....	12.50
onions, mushrooms, zucchini and eggplant served with grilled potato wedges and honey mint sauce	
<b>GF Shaumari Spicy Curry Chicken</b> .....	6.50
masala marinated spicy chicken with coriander and curry served with basmati rice	
<b>GF Ajloun Grilled Circassian Chicken</b> .....	7.95
grilled chicken breast stuffed with circassian white cheese, served with grilled potato wedges, grilled vegetables with a homemade 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>GF Grilled Chicken Platter</b> .....	7.95
grilled chicken breast with sautéed vegetables and diced herb roasted potatoes with lemon and fresh tomato sauce	
<b>GF Grilled Chicken Vegetable Skewers (myskinnyseasons)</b> .....	6.95
served on a bed of sautéed spinach with grilled potatoes and hummus	
<b>GF Grilled Sea Bass</b> .....	13.50
with sautéed spinach, bell peppers, grilled potato wedges and lemon sauce	
<b>GF Grilled Fish Hammour</b> .....	8.25
with roasted potatoes, green beans and parsley garlic sauce	
<b>GFV No Pasta Lasagna Bake</b> .....	4.25
layered zucchini and spinach with parmesan cheese and white béchamel sauce	
<b>GFVV Eggplant Rolls</b> <sup>New</sup> .....	5.95
zucchini spirals, carrots and potatoes wrapped in thinly sliced eggplants with homemade vegan pesto sauce and tomato sauce	

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## PASTA

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

## HOMEMADE DESSERTS

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

## STILL & SPARKLING WATER

<b>1L Filtered Water</b> .....	1.00
<b>Hildon Still Water</b> (large) .....	3.50
<b>Hildon Still Water</b> (small) .....	1.75
<b>Hildon Sparkling</b> (large) .....	4.25
<b>Hildon Sparkling</b> (small) .....	2.50
<b>Infused Water</b> .....	1.50
Detox Water	
Energizing Fruity water	



## COFFEE

<b>Turkish Coffee</b> .....	1.75	<b>Nespresso Coffee Cocktails</b>	
<b>Organic Italian Coffee</b> .....	3.95	<b>Chocolate Dream</b> .....	3.95
<b>Nespresso Coffee</b>		nespresso ristretto, chocolate ice cream, whipped cream, chocolate chip and mint	
<b>Ristretto</b> (espresso) .....	2.95	<b>Almond Coffee</b> .....	3.95
<b>Lungo</b> (american coffee) .....	2.95	nespresso lungo, almond syrup, hot milk, whipped cream	
<b>Decaffeinated</b> (nespresso) .....	2.95	<b>Vanilla Cappuccino</b> .....	3.95
<b>Leggero</b> (cappuccino) .....	3.25	nespresso leggero, vanilla ice cream, whipped cream, chocolate chip	
<b>Latte Macchiato</b> .....	3.25	<b>Iced Hazelnut Macchiato</b> .....	3.95
<b>*V Golden Latte</b> (with turmeric & ginger) <b>New</b> .....	3.25	nespresso decaffeinated, hazelnut syrup, crushed ice	
<b>*VV Date Iced Coffee</b> (coffee, almond milk, dates) <b>New</b> .....	3.25		

## FRESH JUICES, GREEN COCKTAILS & SMOOTHIES

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

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

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

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

### Smoothies 3.75

**VV Frozen Lemonade Smoothie**

lemon, zest of lime, mint

**VV Orange Lemonade Smoothie**

slices of orange and lemon blended with orange and lemon juice

**VV 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

**\*VV Cinnamon Mocha** (myskinnyseasons)

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

**\*VV Pink Watermelon Smoothie**

watermelon, mint, lemon

**\*V Mint Chocolate Smoothie** New

bananas, spinach, almond milk, mint, honey, cocoa shavings

### Immunity Boosting 3.75

**\*V Aloe Vera Goodness**

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

**\*V Orange Warrior**

Blended orange, carrots, ginger (optional: honey)

### Boost it Up! 0.50

flax seeds	turmeric	ginger
super seeds mix	almonds	yoghurt
oatmeal	spinach	walnut

## 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

#### Ask your server for

**\*VV Wellness drink** a selection of garden grown herbs, cinnamon sticks ..... 1.75

**\*VV A selection of garden grown herbs** with boiled water ..... 1.75

**\*VV Cinnamon sticks** boiled with coconut flakes and walnuts ..... 2.25

**\*V Hot chocolate** sweetened with honey ..... 3.25