



BLUE FIG

MASHREK INTERNATIONAL SCHOOL

BLUE FIG

THEATER MENU

HEALTHY SNACKS

APPLE	0.50	2.25
BANANA	0.50	
VEGETABLES CUP	1.00	
● GRANOLA BARS	0.75	
● DATE BARS	0.75	2.00
MUESLI STRAWBERRY & BANANA	1.75	
● GRANOLA & FLAVORED YOGURT	1.75	
FRUIT SALAD Fruits in season	1.50	2.00
● ● AVOCADO TOAST Freshly baked bread topped with labneh, avocado mix and seed mixture	1.75	2.50

MANQOUSHEH & PIZZA

ITALIAN BOCCONCINI	1.50	
FARMERS HARVEST	1.50	1.75
● ZAATAR	1.00	
CHEESE	1.50	
● CHEESE & ZAATAR	1.50	2.25
CHEESE & SMOKED TURKEY	1.50	

CRUSTS

● PRETZEL	0.75	2.50
● CHEESE CROISSANT	1.00	
● ZAATER CROISSANT	1.00	
CHOCOLATE CROISSANT	1.00	

SOUP

YOUR CHOICE OF DAILY SOUP 1.00

SALADS

JARASH ARENA ●	
Mixed lettuce, fresh mushrooms, beetroot, mint & thyme served with balsamic dressing, topped with almond coated labaneh balls	
GREEK FIELDS	
Lettuce & vegetables tossed with lemon sauce, topped with feta cheese, olives & oregano	
CAESAR'S GLORY ●	
Lettuce tossed with light Caesar dressing, topped with slivered parmesan cheese & croutons	
MEXICAN QUINOA	
Iceberg lettuce, quinoa & roasted sweet corn topped with avocado mixture & white cheese, tossed with lemon Mexican sauce	
KANI SALAD	
Rice noodles mixed with cucumber, sweet corn, white cabbage, carrot served with kani sauce and crab sticks	
POMEGRANATE ●	
Mixed lettuce, red grapes, apple, dried cranberry, balsamic onion tossed with pomegranate vinaigrette coated feta cheese on a toasted bread	
APPLE SALAD	
Green apple, quinoa, spinach, green lettuce, mix seeds, raspberry vinaigrette, and crannies.	
HALLOUMI SALAD	
Cherry tomato, red onion, pomegranate, basil, olives, carton, halloumi, pesto and balsamic dressing.	
CHEF SALAD	
Smoked turkey, mixed lettuce, cherry tomatoes, cucumber, sweet corn, emmental cheese, lemon mayo sauce.	

If you have any food allergies or dietary restrictions, please make us aware so we can serve you better.

إذا كان لديك أي حساسية غذائية أو حمية مقيدة،
يرجى إعلامنا حتى نستطيع خدمتك بشكل أفضل.

COLD SANDWICHES

● ROAST BEEF	2.50
Roast Beef, Iceberg lettuce, tomatoes, emental cheese & brown bread	
HALLOUMI	2.00
Soft multigrain bread comes with grilled halloumi cheese, olive, basil pesto & rocca	
● ● SMOKED TURKEY	2.25
Filled with Master Dijon, red lettuce, cheese Gouda, Turkey, tomatoes, & multigrain bread	
● ● CLUBHOUSE SANDWICH	2.75
Roast beef, smoked turkey, iceberg lettuce, tomatoes, gouda cheese, cheddar cheese & cream cheese del focaccia brown bread	
CREAMY CHEESE SANDWICH	2.50
Stuffed with grilled chicken, cream cheese & sun dried tomatoes, red lettuce, Gouda cheese in french baguette bread	
● ● CHEESE BAGEL	1.50
Iceberg lettuce, tomatoes, gouda cheese, cheddar cheese & cream cheese del mix seed bagel bread	
HALLOUMI CROISSANT	1.50
Grilled halloumi cheese, roasted tomato, basil pesto and Rocca	
SMOKED TURKEY CROISSANT	1.50
Lettuce, cheese Gouda, Smoked Turkey & tomatoes	
● PRETZEL TURKEY & CHEESE	1.50
Lettuce, cheese Gouda, Smoked Turkey & tomatoes	
● PRETZEL HALLOUMI	1.50
Grilled halloumi cheese, roasted tomato, basil pesto and rocca	
TURKEY WRAP	2.25
Filled with Master Dijon, red lettuce, cheese Gouda, Turkey, tomatoes, & tortilla	
HALLOUMI WRAP	2.00
tortilla bread comes with grilled halloumi cheese, olive, basil pesto & rocca	

HOT SANDWICHES

2.50	CHICKEN PESTO
Chicken breast, Iceberg lettuce, pesto sauce, mayonnaise, Artichoke, Emental cheese, roast tomatoes in brown bread	
2.50	ITALIAN MARINARA
Stuffed with grilled chicken, with black olives, red peppers and roasted corn, cheddar cheese & mayonnaise in ciabatta bread	
2.50	CHICKEN ALFREDO
Served with grilled chicken, mushrooms & creamy rosemary sauce in Italian ciabatta bread	
2.50	CHICKEN BBQ ●
Stuffed with grilled chicken, BBQ sauce, red pepper, cheddar cheese & mayonnaise in Italian ciabatta bread	
2.75	BEEF FAJITA ●
Mexican tomato sauce, beef, onion, bell pepper, topped with melted cheddar cheese & pepper in focaccia bread	
2.50	CHICKEN FAJITA ●
Mexican tomato sauce, chicken, onion, bell pepper, topped with melted cheddar cheese & pepper in ciabatta bread	
2.50	CHICKEN CAESAR SANDWICH ● ●
Chicken breast with Caesar's sauce, Iceberg lettuce in multigrain bread	

HOT MEAL OF THE DAY

4.00	BEEF MEAL
3.50	CHICKEN MEAL
3.00	PASTA MEAL



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● EGG ● SESAME ● CONTAINS NUTS

All above prices are inclusive of sales tax



HOT MEAL

CHICKEN MEAL	3.50
BEEF MEAL	4.00
VEGETARIAN MEAL	2.50
PASTA MEAL	3.00

DRINKS

1.75	ICED TEA
2.75	VERY BERRY
1.75	SOUR BREEZE
1.75	MANGO STRAWBERRY
1.75	MANGO SHERBET
0.40	PACKED JUICE SMALL
0.75	PACKED JUICE LARGE
0.40	FLAVORED MILK SMALL
0.75	FLAVORED MILK LARGE
1.75	FRESH ORANGE JUICE
0.35	MINERAL WATER - SMALL
0.75	MINERAL WATER - LARGE
1.50	PERRIER

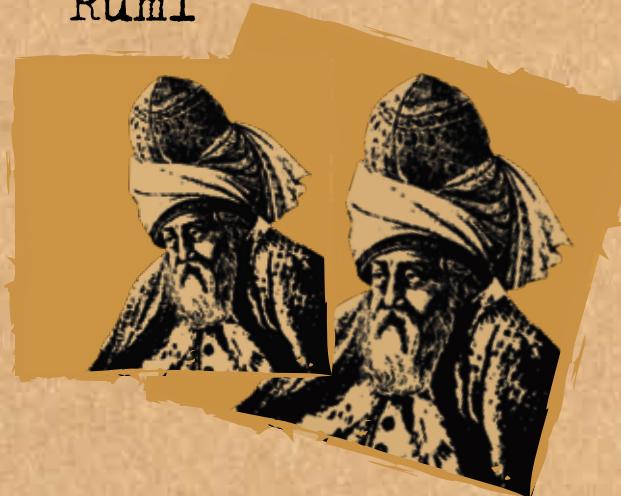
DESSERTS

Two items per day

● ● CARROT MUFFIN	0.75
● CHOCOLATE MUFFIN	0.75
● MIXED BERRIES MUFFIN	0.75
● DARK CHOCOLATE CHIP COOKIES	0.75
● WHITE CHOCOLATE CHIP COOKIES	0.75
OATMEAL COOKIES	0.75
● CINNAMON ROLL	0.75
● BANANA PUDDING	1.75

Out beyond the idea of right thinking
and wrong thinking is a field...
I will meet you there..

Rumi



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