



BLUE FIG

MASHREK INTERNATIONAL SCHOOL

BLUE FIG

PRIMARY MENU

HEALTHY SNACKS

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

MANQOUSHEH & PIZZA

ITALIAN BOCCONCINI	1.00
FARMERS HARVEST	1.25
● ZAATAR	0.75
CHEESE	1.00
● CHEESE & ZAATAR	1.00
CHEESE & SMOKED TURKEY	1.25

CRUSTS

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

SALADS

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	
JARASH ARENA ●	
Mixed lettuce, fresh mushrooms, beetroot, mint & thyme served with balsamic dressing, topped with almond coated labaneh balls	
2.50	MEXICAN QUINOA
Iceberg lettuce, quinoa & roasted sweet corn topped with avocado mixture & white cheese, tossed with lemon Mexican sauce	
1.75	KANI SALAD
Rice noodles mixed with cucumber, sweet corn, white cabbage, carrot served with kani sauce and crab sticks	
2.25	POMEGRANATE ●
Mixed lettuce, red grapes, apple, dried cranberry, balsamic onion tossed with pomegranate vinaigrette coated feta cheese on a toasted bread	
2.50	APPLE SALAD
Green apple, quinoa, spinach, green lettuce, mix seeds, raspberry vinaigrette, and crannies.	
2.50	HALLOUMI SALAD
Cherry tomato, red onion, pomegranate, basil, olives, carton, halloumi, pesto and balsamic dressing.	
2.50	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.

● EGG ● SESAME ● CONTAINS NUTS

All above prices are inclusive of sales tax

2025 - 2026

COLD SANDWICHES

● ROAST BEEF	1.75
Roast Beef, Iceberg lettuce, tomatoes, emental cheese & brown bread	
HALLOUMI	1.50
Soft multigrain bread comes with grilled halloumi cheese, olive, basil pesto & rocca	
● SMOKED TURKEY	1.50
Filled with Master Dijon, red lettuce, Gouda cheese, Smoked Turkey, tomatoes in multigrain bread	
● CLUBHOUSE SANDWICH	2.00
Roast beef, smoked turkey, iceberg lettuce, tomatoes, Gouda cheese, cheddar cheese & cream cheese del focaccia brown bread	
CREAMY CHEESE SANDWICH	1.75
Stuffed with grilled chicken, cream cheese & sun dried tomatoes, red lettuce, Gouda cheese in french baguette bread	
● CHEESE BAGEL	1.00
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	

DESSERTS

Two items per day

CARROT MUFFIN	●
CHOCOLATE MUFFIN	●
MIXED BERRIES MUFFIN	●
CINNAMON ROLL	●

COOKIES

LARGE	SMALL
0.75	0.45
0.75	0.45
0.75	0.45

DRINKS

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



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