

Ala Carte Menu

S.No	Menu	Price	Ingredients	Allergens	Nurition Facts
1	Roasted Chicken Sandwich with Cheese on Brown Bread	0.800	Roasted Chicken, Lettuce, Mayonnaise, Brown Bread, seasonings	Gluten, Egg, Dairy,	*187 Kcal/ 100 GMS
2	Turkey Mortadella in Jumbo Croissants	0.900	Turkey Mortadella, Butter, Mustard, Lettuce, crissants, seasonings	Gluten, Egg, Dairy	*203 Kcal/100 GMS
3	Beef Ham Slices and Sweet peppers in Multigrain Bread	0.900	Beef Ham, Peppers, lettuce, Mustard paste, Mayonnaise, cheese and Multigrain Bread, seasonings	Gluten, Egg, Dairy	*172 Kcal/ 100 GMS
4	Smoked Salmon, Capers and Dil cream in Sunflower seed Bagel bread	1.000	Smoked Salmon, Capers, Dil leaves, cream , lettuce, Sunflower seed bagel bread, seasonings	Gluten, Egg, Dairy, Mustard, Seafood	*233 Kcal/ 100 Gms
5	Chicken Pepperoni, english Cucumber and Dijon mustard in Rye Bread	0.800	Chicken pepperoni, cucumber, mustard, lettuce and Rye bread, seasonings	Gluten, Egg, Dairy, Mustard	*306 Kcal/ 100 Gms
6	Fresh Bocconcini , Cherry Tomato and Basil in Focaccia Bread	0.700	Bocconcini cheese, Cherry tomato, basil, olives, lettuce, Mayo, Focaccia bread, seasonings	Gluten, Dairy	*350 Kcal/ 100 Gms
7	Chicken Hotdog with Cornichons and English Mustard	0.700	Chicken Hotdog, Gherkins, Onions, Mustard, lettuce, Bread, seasonings	Gluten, Egg, Dairy, Mustard	*223 Kcal/ 100 Gms
8	Balsamic Glazed Grilled Vegetabels in Sun Dried Tomato Breads	0.600	Zucchini, Peppers, Carrots, Broccoli, Balsamic, Sundried tomato bread, seasonings	Gluten, Egg, Dairy	*280 Kcal/ 100 Gms
9	Boiled eggs, Ice berg, Ghekins and Mustard sandwich Ciabatta Bread	0.600	Eggs, Lettuce, Gherkin, mustard paste, Mayo, Cianatta bread, Seasonings	Gluten, Egg, Dairy, Mustard	*466 Kcal/ 100 Gms

10	Crispy Beef Bacon and Grilled Mushroom in Panini Bread	0.900		Gluten, Egg, Dairy, Mustard	*330 Kcal/ 100 Gms
11	Roasted Tenderloin Steak and Horseradish on mini baguette	0.900	Beef,Horseradish, lettuce, Mayo,Bread	Gluten, Egg, Dairy, Mustard	*282 Kcal/ 100 Gms
12	Barbecued Chicken Burger with Cheese	0.800	Chicken Patty, Cucumber, Tomato,Cheese, Mayonnasie, Bun,Seasonings	Gluten, Egg, Dairy	*240 Kcal/ 100 Gms
13	Tenderloin Burger with Grilled Veggies	1.000	Beef , carrot, pepper, cauliflower,onion,Cheese, Mayonnasie, Bun,Seasonings	Gluten, Egg, Dairy, Mustard	*360 Kcal/ 100 Gms
14	Chicken Shawarma Roll	0.700	Chicken, Lettuce, Mayonnasie, Khubbs bread	Gluten, Egg, Dairy, sesame	*357 Kcal/ 100 Gms
15	Chicken Salami and Cheese Croissants Sandwich	0.800	Chicken Salami, cheese, Lettuce, Mayonnasie, Croissants, Seasonings	Gluten, Egg, Dairy, Mustard	*306 Kcal/ 100 Gms
16	Falafel Roll	0.600	Chickpea, white bean, parsley,lettuce, Mayo,	Gluten, Egg, Dairy,	*145 Kcal/ 100 Gms
17	Chilly con corne Beef in Taco Shell	1.000	Beef, cumin, red chilly, tomato, taco shell	Dairy,	*420 Kcal/ 100 Gms
18	Beef or Chicken Burrito	0.900		Gluten, Egg, Dairy,	*243 Kcal/ 100 Gms
19	French Pastries	0.300	Flour, Butter,Cream, Egg	Gluten, Egg, Dairy,	*374 Kcal/ 100 Gms
20	Fresh Cut Fruits	0.500	Assorted Melons, Pine apple, Grapes, Strawberry	No Allergens	*39 Kcal/ 100 Gms
21	Selection of Cereals with Hot or Cold Milk	0.500	Corn Flake, Choco Flake, Wheat Flake, Muesli	Gluten*,Tree Nuts*, Dairy	*375 Kcal*/ 100 Gms
22	Fresh Juices	1.000	Watermelon & Pineapple		*73 Kcal/ 250 ML & * 150 Kcal/ 250 ML
23	Smoothies	1.200	Choice of fruits		*162 Kcal/ 250 ML
To be served for parents and Teachers only					
24	Cold Coffee	1.000			*440 Kcal/ 100 Gms

25	Tea- Selection	0.800			*400 Kcal/ 100 ML
26	Espresso S/D	0.900/1.100			*52 kcal / 100 ML
27	Cappuccino	1.000			*460 kcal/ 100 ml
28	Café Latte	1.000			*42 kcal/ 100 ml
29	Hot Chocolate	1.200			*381 kcal/100 MI

* approximate value and as per variation