

HEALTHY MENU

MAIN COURSE

Kids Menu

- Roast chicken vegetable & sweetcorn mash pie **36 AED**
- Spaghetti bolognaise **36 AED**
- Tomato mascarpone spaghetti **36 AED**
- Macaroni cauliflower cheese **36 AED**
- Cowboy mince and rice **36 AED**
- Sweet potato Pizza Bear **36 AED**
- Turkey & cheese sweet potato pizza Bear **36 AED**
- Tomato & cheese sweet potato pizza Bear **36 AED**

Adult Menu

- Cottage pie **35 AED**
- Beef lasagna **46 AED**
- Spaghetti bolognaise **46 AED**
- Vegetable lasagna **46 AED**
- Tikka chicken and rice **46 AED**
- Butter paneer cauliflower curry and rice **46 AED**
- Thai red Panang chicken curry and rice **46 AED**

⇒ **Be Healthy** ⇐



FRESHLY PREPARED WRAPS



- **Chicken wrap**

Freshly prepared chicken wrapped in a soft tortilla, paired with your choice of zesty garlic mayo or sweet chili sauce.

35 AED

- **HQ Special wrap**

A delectable combination of crispy hash browns, succulent chicken, and extra cheese.

35 AED

- **Calamari wrap**

Freshly prepared calamari wrapped in a soft tortilla, paired with your choice of zesty garlic mayo or sweet chili sauce.

35 AED

- **Fish wrap**

Perfectly cooked fish wrapped in a soft tortilla, offering a delightful blend of flavors.

35 AED

- **Prawn wrap**

Succulent prawns wrapped in a soft tortilla, delivering a burst of seafood goodness.

35 AED

- **Chicken tikka wrap**

Perfectly grilled chicken marinated in flavorful tikka spices wrapped in a soft tortilla.

35 AED

- **Roasted vegetables wrap**

Nutritious meal of oven-roasted vegetables wrapped in a soft tortilla.

35 AED

- **Falafel wrap**

Crispy falafel, fresh vegetables, and a drizzle of creamy tahini sauce.

35 AED



BEVERAGES



- Cafe Mocha **25 AED**
- Iced Americano **21 AED**
- Caramel Machiatto **26 AED**
- Iced Latte **21 AED**
- Iced Almond Caramel Machiatto **28 AED**
- Iced Almond Latte **25 AED**
- Lacnor Apple Juice **5 AED**
- Lacnor Chocolate Milk **6.50 AED**
- Lacnor Strawberry Milk **6.50 AED**
- Sunblast Apple Juice **6.50 AED**
- Sunblast Orange Juice **6.50 AED**
- Sunblast Apple + Cherry Juice **6.50 AED**
- Sunblast Apple + Mango Juice **6.50 AED**
- Sunblast Apple + Mango + Strawberry Juice **6.50 AED**
- Fresh Orange Juice **15 AED**
- Coke (Original / Light / Zero) **7 AED**
- Lipton (Lemon / Peach) **7 AED**
- Sparkling Water **8 AED**
- Water **5 AED**





BEVERAGES




- Camomile Tea
- Earl Grey Tea
- English Breakfast Tea
- Green Tea
- Chai latte
- Almond Cappuccino
- Almond Latte
- Americano
- Mocha
- Cappuccino
- Caramel Macchiato
- Latte
- Baby Chino
- Hot Chocolate
- Milk
- Espresso

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- 12** AED
 - 12** AED
 - 12** AED
 - 12** AED
 - 17** AED
 - 21** AED
 - 21** AED
 - 17** AED
 - 26** AED
 - 21** AED
 - 26** AED
 - 19** AED
 - 10** AED
 - 18** AED
 - 15** AED
 - 12** AED - Single
 - 21** AED - Double
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SWEET TREATS

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- Brownies **12 AED**
 - Almond Croissant **15 AED**
 - Cookie **6.5 AED**
 - Cotton Candy **10.5 AED**
 - Popsicles **19 AED**
 - Ice-cream **15 AED**



FRESHLY PREPARED SNACKS

- 
- Fries **15 AED**
 - Nuggets **15 AED**
 - Chicken popcorns **15 AED**
 - Chicken Strips **20 AED**
 - Fish fingers **20 AED**



POPSICLES

FRUITY

- Mandarin
- Passion Fruit
- Mango
- Strawberry
- Fivesicle
- Zesty Blueberry
- Lychee
- Raspberry Passion
- Strawberry Lemon
- Raspberry



20 AED

CREAMY

- Lotus
- Oreo
- Vanilla
- Nutella
- Triple Pleasure

20 AED

FUNKY

- Milk Chocolate
- Dark Chocolate Sorbet
- Cheesecake Berries
- Nutty Dream
- Strawberry Cream

20 AED