

# GRAB & GO MENU

## SUNDAY

### *Sandwich/ Wrap*

Classic Chicken Club Sandwich (Multi Grain Sourdough)  
Beefy Garlic Sandwich (Slice Bread)  
Corn and Cheese Sandwich (Panini)  
Chicken Tikka Bunny Chow  
Chicken Shawarma

### *Salad*

Chicken Caesar Salad  
Beef Tenderloin Potato  
Chatpata Aloo Salad  
Sliced Fruits  
(Watermelon, Pineapple, Papaya, Grapes,  
Dragon Fruit or Kiwi + 1 Type of Berry)

### Whole Fruits

### *Bakers Dozen*

Croissant  
Flat Chocolate Croissant  
Chicken Patties  
Creamy Chicken Brioche  
Zaatar Manakeesh  
Samosa

### *Sinful Temptation*

Lemon Curd Crinkles  
Chocochip Cookies  
Coconut Apple Swiss Roll  
Granola Blueberry Parfait  
Mango Honey Float  
German Chocolate Cake

### *Smoothies & Juices*

Orange Juice  
Lemon Mint Juice  
Chocolate Smoothie  
Cold Coffee



# GRAB & GO MENU

## MONDAY

### *Sandwich/ Wrap*

- Chicken Chili Garlic (Croissant)
- Creamy Tuna (Black Burger)
- Grilled Halloumi And Caramelised Onion (Focaccia)
- Crispy Chicken Sandwich (Square Shape Focaccia)
- Chicken Shawarma

### *Salad*

- Asian Quinoa Chicken Salad
- Cajun Grilled Shrimp Salad
- Vegetable Hummus Platter
- Sliced Fruits  
(Watermelon, Pineapple, Papaya, Grapes,  
Dragon Fruit or Kiwi + 1 Type of Berry)

### Whole Fruits

### *Bakers Dozen*

- Croissant
- Flat Chocolate Croissant
- Curry Beef Patties
- Creamy Chicken Brioche
- Mushroom & Onion Pizza
- Cottage Cheese Bombs

### *Sinful Temptation*

- Lemon Curd Crinkles
- Chocochip cookies
- Coconut Apple Swiss Roll
- Granola Mango Parfait
- Mango Honey Float
- German Chocolate Cake

### *Smoothies & Juices*

- Orange Juice
- ABC Juice
- Mango Smoothie
- Butter Scotch Milkshake



# GRAB & GO MENU

## TUESDAY

### *Sandwich/ Wrap*

- Classic Chicken Club Sandwich (Multi Grain Sourdough)
- Beefy Garlic Sandwich (Slice Bread)
- Egg Sandwich (Brown Slice Bread)
- Spicy Shrimp Sandwich (Red croissant)
- Chicken Shawarma

### *Salad*

- Cilantro Lime Chicken salad with mango salsa
- Thai Beef Noodle Salad
- Chana Chaat Salad

### Sliced Fruits

(Watermelon, Pineapple, Papaya, Grapes,  
Dragon Fruit or Kiwi + 1 Type of Berry)

### Whole Fruits

### *Bakers Dozen*

- Croissant
- Flat Chocolate Croissant
- Aloo Patties
- Cookie Croissant
- Cheese Manakeesh
- Samosa

### *Sinful Temptation*

- Lemon Curd Crinkles
- Sesame Cookies
- Coconut Apple Swiss Roll
- Granola Strawberry Parfait
- Chocolate Magic Cup
- Almond Apricot Cake

### *Smoothies & Juices*

- Orange Juice
- Lemon Mint Juice
- Chocolate Smoothie
- Cold Coffee



# GRAB & GO MENU

## WEDNESDAY

### *Sandwich/ Wrap*

- Chicken Chili Garlic (Croissant)
- BBQ Beef Sub (Samona and Gratinated)
- Falafel Wraps (Tortilla)
- Rainbow Sandwich (White Slice Bread)
- Chicken Shawarma

### *Salad*

- Chicken Caesar Slad
- Shrimp Summer Salad
- Fattoush
- Sliced Fruits  
(Watermelon, Pineapple, Papaya, Grapes,  
Dragon Fruit or Kiwi + 1 Type of Berry)

### Whole Fruits

### *Bakers Dozen*

- Croissant
- Pain Au Chocolat
- Chicken Patties
- Cookie Croissant
- Pepperoni Pizza
- Cottage Cheese Bombs

### *Sinful Temptation*

- Pumpkin Cheese Cookies
- Sesame Cookies
- Matcha Cheese Tart
- Granola Blueberry Parfait
- Chocolate Magic Cup
- Almond Apricot Cake

### *Smoothies & Juices*

- Orange Juice
- ABC Juice
- Mango Smoothie
- Butter Scotch Milkshake



# GRAB & GO MENU

## THURSDAY

### *Sandwich/ Wrap*

- Deviled Chicken (Samona)
- Creamy Tuna (Black Burger)
- Avocado Tomato Mozzarella (Sourdough Bruchetta)
- Paneer Chili Warp
- Chicken Shawarma

### *Salad*

- Grilled Pesto Chicken Salad
- Thai Beef Salad
- Quinoa Chickpea Salad
- Sliced Fruits  
(Watermelon, Pineapple, Papaya, Grapes,  
Dragon Fruit or Kiwi + 1 Type of Berry)

### Whole Fruits

### *Bakers Dozen*

- Croissant
- Pain Au Chocolat
- Aloo Patties
- Cookie Croissant
- Zaatar & Cheese Manakeesh
- Samosa

### *Sinful Temptation*

- Pumpkin Cheese Cookies
- Sesame Cookies
- Matcha Cheese Tart
- Granola Mango Parfait
- Chocolate Magic Cup
- Almond Apricot Cake

### *Smoothies & Juices*

- Orange Juice
- Lemon Mint Juice
- Chocolate Smoothie
- Cold Coffee

