

# Fino Menu 2019/2020



## Soups

		<u>KCAL</u>
Soup of the day	20L.E	213

## Salads

		<u>KCAL</u>
Arugula Salad	25L.E	135
Greek Salad	25L.E	165
Chicken Caesar Salad	30L.E	165
Mixed Green Salad	25L.E	148

## DAILY HOT MEAL

40L.E

Penne Arrabbiata (red sauce)

Grilled Chicken Over Rice With Sauce

Sicilian Pasta With Vegetables

Pasta Bolognese

Grilled Chicken Over pasta With sauce



**Hot Sandwiches Toasted (Panini)****KCAL**

Chicken and cheese	25L.E	249
Grilled cheese with tomato	25L.E	197
Tuna melt	30L.E	255
Breaded chicken croquette	30L.E	262
Chicken Parmesan	30L.E	280
Mexican Burrito with eggs	35L.E	292

**Cold Sandwiches****KCAL**

Turkey w/ Tomato and cucumber	25L.E	214
Roast Beef	25L.E	226
Tuna	30L.E	219
Chicken Salad Sandwich	30L.E	285
Omelette with cheese	25L.E	
Club Sandwich	30L.E	263
Extra cheese	+5L.E	71
Made with multigrain/ whole wheat	+5L.E	

**Croissant Sandwich****KCAL**

Cheese and scrambled eggs	30L.E	247
Turkey and scrambled eggs	30L.E	251
Plain croissant	15L.E	186



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### FROM THE GRILL (BBQ)

		<u>KCAL</u>
Beef Burger	30L.E	275
Chicken Burger	30L.E	256
Grilled chicken with honey mustard	30L.E	262
Grilled chicken shawarma	30L.E	280
Grilled Chicken on Sticks	30L.E	221
Chicken Quesadilla	30L.E	282
Texas Beef sandwich	30L.E	292
Roasted Potato	20L.E	188
Mexican chili cheese sandwich	35L.E	288
+ topping	+5	

### Italian

		<u>KCAL</u>
Mini pizza	15L.E	168
Vegetarian pizza	15L.E	191
Mushroom Quiche	25L.E	213
Cheese Quiche	25L.E	233



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### Healthy

8oz Carrots and Cucumbers	15L.E	135
Jello	10L.E	90
Rice pudding	15L.E	164
Popcorn	10L.E	155
Fruit Cup	20L.E	40

### Pastries

Plain muffin	18L.E	260
Blueberry muffin	20L.E	271
Cinnamon rolls	20L.E	270



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### Mixed Healthy Juices (Juhayna)

Mixed milk with chocolate	10L.E
Mixed milk with strawberry	10L.E
Mixed milk with banana	10L.E
Mixed juice (juhayna) Different Flavours	10L.E

### Beverages

### KCAL

Mineral water small	5L.E	
Fresh lemon	10L.E	63
Fresh Orange	15L.E	63
Fresh Strawberry	15L.E	75
Fresh Mango	15L.E	78
Homemade Ice tea	15L.E	130



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