



BLUE FIG

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MASHREK INTERNATIONAL SCHOOL

MAIN CAFETERIA MENU

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.



FRESH START

One item per day

AVOCADO TOAST	1.25
Freshly baked bread topped with labneh, avocado mix and seed mixture	
FALAFEL TOSAT	0.50
Fresh bread covered with baked falafel, cherry tomatoes, cucumber pickles, tahini sauce and fresh mint leaves	
HUMMUS TOSAT	0.50
Freshly baked bread topped with hummus, cherry tomato & olive tapenade topped mix seed	
FRUIT SALAD	1.00
Fruits in season	
GRANOLA & FLAVORED YOGHURT	1.00

HEALTHY SNACKS

APPLE	0.50
BANANA	0.25
VEGETABLES CUP	0.75
GRANOLA BARS	0.60
DATE BARS	0.60
CHIA MANGO PUDDING	1.50
CHIA CHOCOLATE PUDDING	1.25
STRAWBERRY PORRIDGE	1.25
MANGO PORRIDGE	1.25
MUESLI STRAWBERRY & BANANA	1.25

MANQOUSHEH & PIZZA

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

SALADS

1.75	JARASH ARENA	Mixed lettuce, fresh mushrooms, beetroot, mint & thyme served with balsamic dressing, topped with almond coated labaneh balls
1.50	GREEK FIELDS	Lettuce & vegetables tossed with lemon sauce, topped with feta cheese, olives & oregano
1.50	CAESAR'S GLORY	Lettuce tossed with light Caesar dressing, topped with slivered parmesan cheese & croutons
1.75	MEXICAN QUINOA	Iceberg lettuce, roasted red pepper, quinoa & roasted sweet corn topped with avocado mixture & white cheese, tossed with lemon Mexican sauce
1.25	TUNA PASTA	Elbow pasta mixed with mix bell pepper, sweet corn, cucumber, cherry tomatoes, pickles and oregano served with lemon mustard sauce and fresh tuna
1.50	KANI SALAD	Rice noodles mixed with cucumber, sweet corn, white cabbage, carrot served with kani sauce and crab sticks



SOUP OF THE DAY

One item per day

FREEKEH	0.50
LENTIL	0.50
MUSHROOM	0.50
SPINACH	0.50
CREAMY VEGETABLE	0.50

COLD SANDWICHES

ROAST BEEF	1.75
Roast Beef, Iceberg lettuce, tomatoes, emental cheese and brown bread	
TUNA MELT	1.75
Mixed tuna with lettuce, tomato, cucumber pickles & melted havarti cheese in our homemade soft bread	
HALLOUMI	1.50
Soft multigrain bread comes with grilled halloumi cheese, olive, basil pesto and rocca	
SMOKED TURKEY	1.75
Filled with Master Dijon, red lettuce, cheese Gouda, Smoked Turkey, tomatoes, and multigrain bread	
CLUBHOUSE SANDWICH	1.75
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 and sun dried tomatoes, red lettuce, Gouda cheese in french baguette bread	
FETA	1.00
Feta cheese, Rocca, tomatoes, pesto sauce, ciabatta bread	
CHEESE BAGEL	1.25
Iceberg lettuce, tomatoes, gouda cheese, cheddar cheese & cream cheese del mix seed bagel bread	

1.00	HALLOUMI CROISSANT
	Grilled halloumi cheese, roasted tomato, basil pesto and Rocca
1.00	SMOKED TURKEY CROISSANT
	Lettuce, cheese Gouda, Smoked Turkey & tomatoes
1.00	PRETZEL TURKEY & CHEESE
	Lettuce, cheese Gouda, Smoked Turkey & tomatoes
1.00	PRETZEL HALLOUMI
	Grilled halloumi cheese, roasted tomato, basil pesto and rocca

HOT SANDWICHES

2.00	BEEF STEAK
	Stuffed with grilled beef, mushrooms, red peppers, butter, cheddar cheese and mustard sauce in focaccia bread
1.75	CHICKEN PESTO
	Chicken breast, Iceberg lettuce, pesto sauce, mayonnaise, Artichoke, Emental cheese, roast tomatoes, brown bread
1.75	ITALIAN MARINARA
	Stuffed with grilled chicken, with black olives, red peppers and roasted corn, cheddar cheese and mayonnaise in ciabatta bread
1.75	CHICKEN ALFREDO
	Served with grilled chicken, mushrooms and creamy rosemary sauce in Italian ciabatta bread
1.75	CHICKEN BBQ
	Stuffed with grilled chicken, BBQ sauce, red pepper, cheddar cheese and mayonnaise in Italian ciabatta bread
2.00	BEEF FAJITA
	Mexican tomato sauce, beef, onion, bell pepper, topped with melted cheddar cheese and pepper in focaccia bread
1.75	CHICKEN FAJITA
	Mexican tomato sauce, chicken, onion, bell pepper, topped with melted cheddar cheese and pepper in ciabatta bread

ARABIC / ORIENTAL MENU

One item per day



MANDI CHICKEN WITH YOGHURT	3.00
OZI CHICKEN WITH YOGHURT	3.00
MAQLUBA CHICKEN WITH SALAD	3.00
BRYANI CHICKEN WITH YOGHURT	3.00
CHICKEN TIKA SERVED WITH RICE	3.00
GREEN BEANS & BEEF SERVED WITH RICE	3.50
BEEF STROGANOFF SERVED WITH RICE	3.50
MOLOKHEYA CHICKEN SERVED WITH RICE	3.00
KUPTAH SERVED WITH RICE	3.50
SHAKREH BEEF SERVED WITH RICE	3.50
FREEKEH CHICKEN WITH YOGHURT	3.00

CRUSTS

PRETZEL	0.50
CHEESE CROISSANT	0.75
ZAATER CROISSANT	0.75
CHOCOLATE CROISSANT	0.75



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DESSERTS

Two items per day

0.50	CARROT MUFFIN
0.50	CHOCOLATE MUFFIN
0.50	MIXED BERRIES MUFFIN
0.50	DARK CHOCOLATE CHIP COOKIES
0.50	WHITE CHOCOLATE CHIP COOKIES
0.50	OATMEAL COOKIES
0.50	CINNAMON ROLL

DRINKS

0.25	PACKED JUICE REGULAR
0.50	PACKED JUICE LARGE
0.25	FLAVORED MILK REGULAR
0.50	FLAVORED MILK LARGE
1.25	FRESH ORANGE JUICE
0.25	MINERAL WATER
0.50	TEA



"Think and wonder, wonder
and think." DR. SEUSS