



Diet Menu

"Maintain your weight;
all in good shape."

appetizers, salads & soups

Vietnamese Rolls 10,750

Shrimps, fresh carrot, cucumber, mint & spicy chili sauce - 120 Cal

Whole Wheat Quesadillas 15,750

Roast chicken, pine nuts, cheddar, spring onion, tomato salsa - 531 Cal

Japanese Shrimp Salad 16,500

Poached shrimp, asian dressing, asian vegetables - 210 Cal

Haricot Vert Salad 9,750

Sunflower seeds, oranges, sherry-mustard vinaigrette - 200 Cal

The Waldorf Salad 12,500

Grilled chicken, walnut salad, hearty greens, waldorf apple chutney - 260 Cal

Chilled Beef Tenderloin Salad 18,750

Herb, mixed greens, marinated tomato dressing - 260 Cal

Seafood Minestrone Soup 9,750

Shrimps, salmon, tomato, rice, mint, rosemary - 190 Cal

Tortilla Soup 9,750

Cilantro, cumin, chili powder, avocado, cheddar, chicken - 342 Cal

mains

Herb-breaded Chicken 19,750

Mustard sauces, bay leaf rice pilaf - 450 Cal

Seared Salmon 21,750

Rich broths, seasonal vegetables, brown lemon-dill rice, ginger scallion sauce - 270 Cal

Beef Tenderloin 23,750

Blue cheese herb crusts, haricot verts, walnuts salsa - 280 Cal

Grilled Tuna 24,750

Citrus salads, lemon-dill rice - 400 Cal

Wok-Tossed Shrimp 19,750

Egg noodles, ginger-sesame vinaigrette, asian vegetables - 300 Cal



pizzas & pastas

Whole Wheat Marguerita Pizza 14,750

Slow roasted tomatoes, mozzarella - 490 Cal

Whole Wheat Prosciutto Pizza 16,750

Mozzarella, prosciutto, roasted peppers - 340 Cal

Whole Wheat Roast Chicken Pizza 15,750

Roast chicken, basil, BBQ sauce, tomato salsa - 499 Cal

Linguine 12,750

Olives, basil, cherry tomato, tomato sauce - 300 Cal

Gnocchi 13,750

Roasted mushrooms, oven dried tomatoes, zucchini, pesto - 300 Cal

Penne Smoked Salmon 18,750

Smoked salmon, peas, basil, capers, spring onion, lemon - 436 Cal

burgers & sandwiches

Chicken & Mushroom Burger 12,750

Lean chicken breast, tomato sauce, roast mushroom patty, whole wheat burger bun - 340 Cal

Roast Beef Sandwich 15,500

Beef roasted shallot, cheddar cheese, rocca, whole wheat sliced bread - 350 Cal

Moroccan Chicken Pita 12,500

Whole wheat pita, slow roasted spiced chicken, olives, peppers, tomato sauce - 360 Cal

Fajita Wrap 11,500

Fat free flour tortilla, goat cheese, roasted peppers, roasted tomato sauce, mexican corn salad - 410 Cal



desserts

Apple Cobbler 4,000

Slow roasted apples, cinnamon, caramel - 200 Cal

Honey-Vanilla Cheesecake 8,500

Vanilla bean, light cream cheese, strawberry sauce - 200 Cal

Carrot Cake 6,750

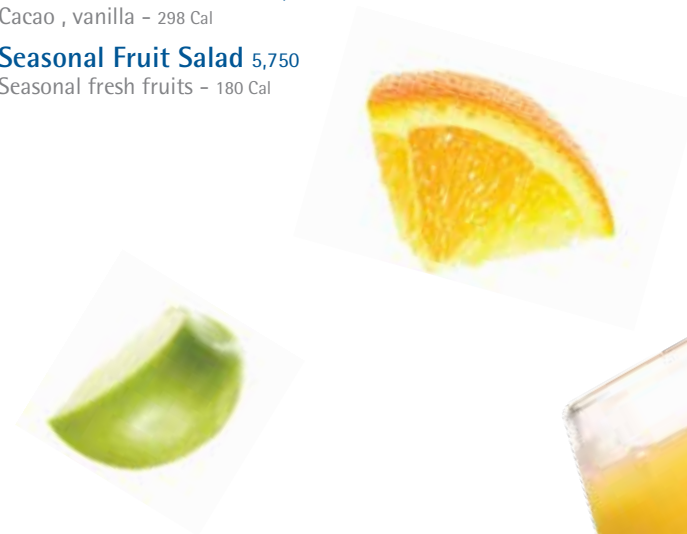
Carrot, light cream cheese icing, nuts, vanilla - 363 Cal

Chocolate Labne Cake 6,750

Cacao, vanilla - 298 Cal

Seasonal Fruit Salad 5,750

Seasonal fresh fruits - 180 Cal



beverages

Fresh Fruit Freezers (472 ml) 8,750

Strawberry - 83 Cal

Strawberry banana - 118 Cal

Strawberry orange - 117 Cal

Lemonades (Regular or Frozen, 472 ml) 6,250

Original - 59 Cal

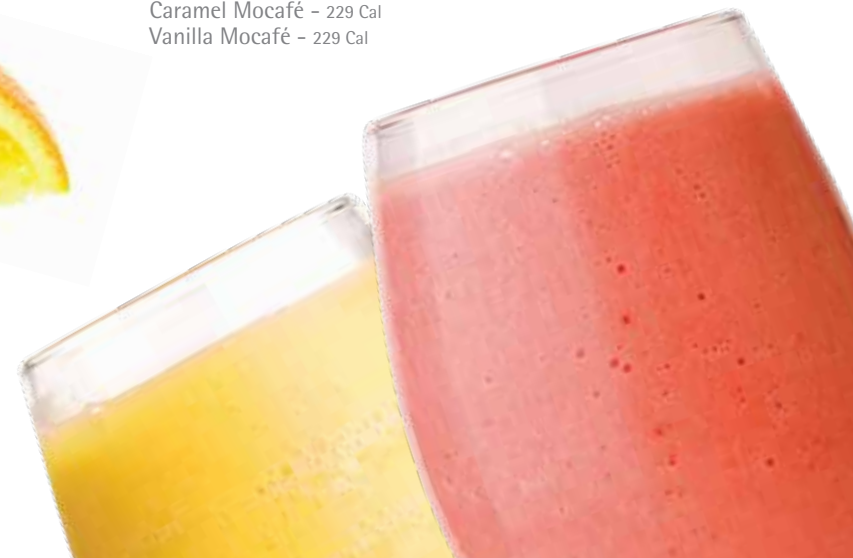
Mint - 59 Cal

Skinny Mocafé (472 ml) 8,750

Mocafé Cool - 273 Cal

Caramel Mocafé - 229 Cal

Vanilla Mocafé - 229 Cal



the journey
to where we are

Once a single **coffeehouse** that fed beautiful minds,
today our **branches** spread sensibly across many cities and
gather all the good **people** under the same roof.

We have long been all about good taste;
from the clientele we attract
to how we **enrich** their lives.

