

KETO MENU

By Chief Dietitian Mrs. Sawsan Wazzan Jabri

FOR DELIVERY

Hamra, Saroulla Bldg 01 345 352 | 76 363 363

Achrafieh, Sassine Square 01 331 381 | 70 333 362



By Chief Dietitian Mrs. Sawsan Wazzan Jabri

"Our Keto menu is crafted by the founder and co-owner of the Nutrition and Diet Center in Lebanon Mrs. Sawsan Wazzan Jabri.

A pioneer in the catering business of therapeutic nutrition and low fat food in the Middle East, Mrs. Jabri is well-known for her contribution in spreading nutrition awareness through summer camps, school lectures, seminars, TV, radio and conferences.



She is also an executive committee member of the Lebanese Academy of Nutrition and Dietetics LAND and currently Co-owner and Chief Executive Officer of the franchising company headquarters in Beirut, Lebanon.

PETIZERS KETO

HUMMUS 4.3 USI WITH CHICKEN SHAWARMA حمص ملغوم دجاج Chicken, hummus دجاج، حمص



HUMMUS 4.9 USI WITH MEAT SHAWARMA محمی ملغوم لحمه Meat, hummus لحمة، حص

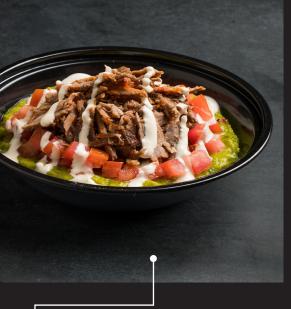


CHICKEN 7.9 USE
AVOCADO BOWL
A mix bowl of chicken and avocado
rich in antioxidants for a healthier heart

Fat: 24g. | Protein: 18g. | Carbs: 4g.

Chicken, guacamole, tomato دجاج، غواکامولی، بندورة

PROTEIN BOWLS





MEAT AVOCADO BOWL 7.9 USD

A healthy and delicious bowl rich in vitamin K important for bones health and prevent blood clotting

Meat, guacamole, tomato لحمة، غواكامولي، بندورة Add protein 1.9 USD



لا يلي عم يهتم بكرشو

lceburg, guacamole, tomatoes, with meat shawarma and tarator dressing بندورة ، خس ايسبرغ، غواكاموكي ، شاورما لحم ، صلصة طرطور

8.7 U



Fat: 31g. | Protein: 24g. | Carbs: 9g.

لايلي بحبّا ملغومه

lceburg, guacamole, deli sauce with chicken shawarma خس ایسبرغ، غواکامولی، صلصة، مع شاورما دجاج 8.6 USD



Fat: 38g. | Protein: 21g. | Carbs: 8g.

لا يلي مفكر حالو كتير sympa

Tomatoes, iceburg, cucumbers, olives, and chicken shawarma with lemon oil dressing

بندورة ، خس ايسبرغ، خيار ، زيتون ، شاور ما دجاج مع صلصة زيت الليمون

7.5 **US**C

CHICKEN SEASON SALAD



Fat: 38g. | Protein: 21g. | Carbs: 8g.

MEAL SHAWARMA KETO

Meat, hummus, fries, pickles, soft drink

لحمة، حمص، بطاطا، كبيس، مشروب غازي

17USE



Fat: 57g. | Protein: 44g. | Carbs: 13g

Chicken, cole slaw, fries, pickles, soft drink

دجاج، سلطة ملغوف، بطاطا، کىسن، مشروت غازی

14 USD



Fat: 48g. | Protein: 36g. | Carbs: 7g

★ Ask for the Keto platter and remove bread and french fries