



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.

APPETIZERS KETO

HUMMUS 4.3 USD

WITH CHICKEN SHAWARMA

حمص ملغوم دجاج

Chicken, hummus
دجاج، حمص



HUMMUS 4.9 USD

WITH MEAT SHAWARMA

حمص ملغوم لحمه

Meat, hummus
لحمه، حمص



CHICKEN AVOCADO BOWL 7.9 USD

A mix bowl of chicken and avocado rich in antioxidants for a healthier heart

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

Chicken, guacamole, tomato
دجاج، غواكامولي، بندورة

Add protein 1.5 USD

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

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

Meat, guacamole, tomato
لحمه، غواكامولي، بندورة

Add protein 1.9 USD

لا يلي عم يهتم بكرشو

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

8.7 USD

MEAT GUACAMOLE SALAD



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

لا يلي بحبًا ملغومه

Iceburg, guacamole, deli sauce with chicken shawarma
خس ايسبرغ ، غواكاموي ،
صلصة ، مع شاورما دجاج

8.6 USD

CHICKEN GUACAMOLE SALAD



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

لا يلي مفكر حالو كثير

sympa

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

بندورة ، خس ايسبرغ ، خيار ،
زيتون ، شاورما دجاج مع صلصة
زيت الليمون

7.5 USD

CHICKEN SEASON SALAD



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

Meat, hummus,
fries, pickles,
soft drink

لحمة، حمص، بطاطا،
كبيس، مشروب غازي

17USD

SHAWARMA MEAT



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

SHAWARMA CHICKEN

Chicken, cole
slaw, fries,
pickles, soft drink

دجاج، سلطة
ملفوف، بطاطا،
كبيس، مشروب غازي

14 USD



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

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