



RAMADAN DISHES

NAME OF DISH: AVOCADO KIBBEH (Starter)



NOTE: Vegan / **ALLERGENS:** Nuts

INGREDIENTS:

Cooked Quinoa, Pink Salt, Basil, Olive Oil, Cumin Powder, Himalayan Pink Salt, Walnut (toasted)
Avocado Sauce

NUTRIENTS PER SERVING:

Kilo calories – 114 kcal
Protein – 02 g
Carbohydrates – 08 g
Fat – 09 g

NAME OF DISH: IRON MADROUBA (Hot starter)



INGREDIENTS:

Gluten free Oats, Himalayan Pink Salt, Ghee, Water, Spinach, Chia seeds

NUTRIENTS PER SERVING:

Kilo calories - 186

Protein – 6 GR

Carbohydrates – 31 GR

Fat – 5 GR

NAME OF DISH: PROTEIN MAJBOUS (Vegan main course)



INGREDIENTS:

Buckwheat, Chickpeas, Red kidney beans, White beans, Cherry tomato, Coriander, Onion, Garlic, Cashew nut, Pine nut, Majbous spices, Olive oil

NUTRIENTS PER SERVING:

Kilo calories - 240

Protein – 6 GR

Carbohydrates – 32 GR

Fat – 12 GR



NAME OF DISH: CHAABIYAT (Dessert)



NOTE: Lactose Free / ALLERGENS: Gluten Free

INGREDIENTS:

FILLO DOUGH: Gluten free flour, Pink salt, Lemon juice, Olive oil, Corn starch, Water

NUTS FILLING: Walnut, Pistachio, Maple syrup, Desiccated coconut, Maple syrup for soaking.

NUTRIENTS PER SERVING:

Kilocalories	101	kcal
Protein	1	g
Carbohydrate	11	g
Fat, Total	6	g