



# Corporate Lunch Buffet



## The Healthy Lunch

### Healthy Main Dishes

Our corporate healthy main dishes offer a variety of grilled, air fried & oven baked main dishes

### Chicken

#### 1. Grilled to Perfection

Grilled Chicken Breast 150g with oven roasted vegetable medley (Carrots, zucchini, button mushrooms) and a medium size oven baked potato  
Served with Herbal Lemon Dressing.

#### 2. Mashawi Tawook

Coal grilled chicken Tawook skewers 150g served with baked French Fries, roasted tomatoes and light garlic mayo sauce.

#### 3. Light Kabseh

Healthy Chicken Kabseh made with brown Kabseh rice without oil, served with 150g of oven roasted chicken breast and cold fresh tomatoes Daggous sauce.

#### 4. Super Freekeh

Healthy Chicken Freekeh made with 1 table spoon virgin olive oil served with 150g of oven roasted chicken breast.

#### 5. Chicken Chinese

Whole Wheat brown Noodles served with Julian Chicken, broccoli florets, carrots, zucchini, cabbage & bell peppers. Marinated with light soya sauce and sprinkled with sesame

#### 6. Chicken Tenders

Oat Coated crispy Chicken tenders 150 g baked in the oven and served with hand cut potato wedges with light honey mustard.

#### 7. Chicken Mulukieh

Everyones favorite wholesome meal. Finely chopped fresh Mulukieh leaves cooked with chicken stock and served with white rice and oven roasted grilled chicken. Mulukieh leaves cooked with chicken stock and served with white rice and oven roasted grilled chicken. A side of lemon wedges & crunchy bread squares.

#### 8. Chicken Mandi

Classic Mandi rice infused with flavorful spices and cooked with small potato cubes. Served with oven roasted chicken topped with almonds.

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## Lamb & Beef

### 1. The Perfect Roast

Perfectly Roasted Beef fillet medallions served with baked potatoes and steamed vegetables.  
Served with natural beef gravy.

### 2. Mashawi Shuggaf

Coal grilled lamb shuggaf skewers 150g served with baked French Fries, roasted tomatoes and tahini side dip.

### 3. Light Kabseh

Healthy lamb Kabseh made with brown Kabseh rice without oil, served with 150g of meat and cold fresh tomatoes Daggous sauce.

### 4. Super Freekeh

Healthy Chicken Freekeh made with 1 table spoon virgin olive oil served with 150g of meat cubes served on top.

### 5. Beef Chinese

Whole Wheat brown Noodles served with Julian Beef, broccoli florets, carrots, zucchini, cabbage & bell peppers. Marinated with light soya sauce and sprinkled with sesame

### 6. Lamb Curry

Meat cubes simmered in red curry sauce with carrots, zucchini, and cauliflower florets with a side of Basmati Rice.

### 7. Upside down Maalobeh

A healthy Maloobeh made with brown rice, layered with roasted carrots, broccoli, and eggplant. Topped with minced meat & nuts. Nothing fried all roasted!

### 8. Lamb Tagine

A vegetable stew combining zucchini, carrots, pumpkin & eggplant squares simmered in a karawaya aromatic infused stew with lamb cubes. Served with steamed couscous on the side.

### 9. The healthy Burger

Make your own burger condiment lunch offering our reduced fat burger patties, vegetable selection, light cheese slices and two options of brown burger buns and no bread iceberg lettuce wraps. With all the needed spreads to make the perfect healthy burger.

### 10. Oriental spiced rice Meat

Our famous oriental spiced rice with minced meat served with bone in lamb chops topped with fried nuts.

<p><b>Healthy Main Dishes</b></p> <p>Our corporate healthy main dishes offer a variety of grilled, air fried, roasted and pan seared main dishes</p> <p><b>Fish</b></p>	<ol style="list-style-type: none"> <li>1. The Pink Salmon Ginger, dill &amp; Lemon marinated Salmon Fillet 120g roasted in the oven and served oregano sprinkled potato cubes and carrot rings.</li> <li>2. Light Sayyadieh Grilled fish fillet 120g served with healthy sayyadieh brown rice and cold bakkdounsieh sauce on the side.</li> <li>3. Grilled fish fillet Grilled fish fillet served with steamed vegetables with healthy herbal lemon dressing &amp; oven baked potatoes</li> <li>4. Hot fish fillet with tomato Oven baked fish fillet marinated with hot pepper and served with tomato bulgur.</li> <li>5. Butter lemon Fish Fillet Grilled fish fillet in butter lemon sauce topped with shredded vegetables served with white rice</li> </ol>
<p><b>Healthy Salads</b></p>	<ol style="list-style-type: none"> <li>1. The Healthy Coleslaw Colored cabbage, shredded carrots with fresh garlic lemon &amp; olive oil dressing.</li> <li>2. Healthy Greens Iceberg lettuce, rocket leaves, parsley &amp; coriander mixed with cucumber &amp; spring onions topped with roasted walnuts. Served with light vinaigrette sauce.</li> <li>3. Yoghurt &amp; Cucumber Salad Cucumber, yoghurt &amp; cumin mix. Served best with rice dishes.</li> <li>4. Light Fatoush Traditional fatoush salad with toasted instead of fried bread squares on top.</li> <li>5. Quinoa Tabbouleh Traditional Tabbouleh mixed with quinoa instead of burgul.</li> <li>6. Greek Salad Colored bell peppers, pitted kalamata olives, cucumbers, onions, &amp; tomato wedges topped with salt reduced feta cheese crumbles.</li> <li>7. Cobb Salad Finely chopped cucumbers, tomatoes, onions, avocado &amp; bell peppers drizzled with light vinaigrette sauce.</li> </ol>

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### Chicken

#### 9. Biryani Chicken

Authentic two color Biryani Rice infused with Indian spices  
Served with oven roasted chicken topped with almonds

#### 10. Potato & Chicken

Oven roasted chicken with potatoes and onion rings  
sprinkled with garlic and turmeric served with white rice  
& vermicelli

#### 11. Chicken Maftool

Deeritna's popular dish made out of Bulgur Wheat cooked  
in caraway & cinnamon spices served with a stew of  
chickpeas & onions. Grilled chicken on the  
side

#### 12. Potato & Chicken

Oven roasted chicken with potatoes and onion rings  
sprinkled with garlic and turmeric served with white rice  
& vermicelli

#### 13. Fettuccine Alfredo with Chicken

Fettuccine Pasta cooked with chicken mushroom in  
Alfredo white cream sauce topped with parmesan  
cheese

#### 14. Chicken Curry

Chicken Curry stew with potatoes, carrots peas  
served with white basmati rice

#### 15. Butter Chicken

Indian Butter chicken cubes marinated in graham  
masala Indian spices, simmered in tomato sauce

#### 14. Chicken Chinese with Noodles

Chicken Chinese with a medley of shredded  
vegetables carrots cabbage, zuchinni, onions, bell  
peppers & served tossed with Chinese noodles  
sprinkled with sesame

#### 15. Mexican Chicken Fajita

Chicken Fajita mix tossed with Mexican spices and  
served with Mexican rice or Tortilla A side of guacamole  
and salsa

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## Lamb & Beef

### 11. Eggplant Potato Maalobeh

Popular upside down rice dish cooked with fried eggplant potato wings with bone in lamb chops

### 12. Meat Mandi

Classic Mandi rice infused with flavorful spices and cooked with small potato cubes and lamb chops.

### 13. beef Kiddreh

Authentic Arabic Rice dish cooked in special deep pot with chickpeas, lamb chops and kiddreh spice mix

### 14. Kuffta Tomato

The traditional kuffta tray cooked with potato onion rings topped with fresh tomato juice

### 15. Daoud Basha

Meat balls cooked in tomato sauce with small potato cubes served with vermicelli rice.

### 14. Grilled Beef fillet

Grilled Beef fillet medallions served with steamed vegetables and light gravy sauce & oven baked potatoes

7.5 JOD / Wholesome Employee Daily Meal & one salad Choice

Price are subject to %8 Sales Tax