

MENU AND PRICE LIST

*Vegetables or side salad available with each main meal *Vegetables are locally sourced where possible
*Desserts contain low sugar/salt *We are a nut-free company *Allergies are listed on the menu boards

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

LUNCH BREAK - Please note that all take away packs are 100% compostable

Daily specials 19-22

Non vegetarian/Poultry/Beef – served with side salad or seasonal vegetables

Tacos / Nachos **L/D 22**

Served with house-made guacamole and salsa topped with grated low-fat cheddar

Pasta Pot **VE/G Protein rich tomato sauce **VE** / Beef Bolognese **C** 18-20**

Rice Pot **VE Protein rich tomato sauce **VE** / Beef Bolognese **C** 18-20**

Baked potato **VE 20 pre-order first break 20**

*Beef Bolognese **C** Cheddar cheese **V** Tuna mayo **F/E/M/S** Baked beans **VE/L***

*Barbeque chicken **M/S/G** Chicken mayo **G/M/S** Sweetcorn **VE***

Salad Selection 20-25

*Mixed bean and date in olive oil and honey dressing **VE/L** Pesto pasta with salad in olive oil lemon dressing topped with parmesan **V/G/D** Tuna egg and sweetcorn with balsamic dressing **F/E***

*Moroccan chicken and couscous with dried apricots and olive oil dressing **G** Greek quinoa **V/D** Greek **V/D** Harvester bowl **V/L/E** Beetroot and feta **V/D** Chicken Caesar **G/D/E** Italian pasta **V/G/D** & more*





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HOT SNACKS available 1st & 2nd break

Toasted Whole-wheat panini selection 19/20

Cheese V/G/D Cheese & tomato V/G/D Cheese & onion V/G/D Chicken pesto G/D BBQ chicken G/D/S/M Turkey cheese G/D Tuna melt F/G/D Nando's chicken G/D Chicken tikka G/D Sweet chili chicken G/D

Tuck-muffin selection 16 Served in an English muffin

Chicken patty, egg, cheese G/E/D double egg, cheese V/G/D hash-brown, egg, cheese V/G/D

Chicken quesadilla G/D/L/C 9

Cheese quesadilla G/D/L/C 8

Pitta pizza with blended tomatoes, veg & lentils in the sauce 9 V/G/D/L/C

Potato rosti 4

Croissant selection 9 Plain, cheese, (staff chocolate) V/G/D/E/S

Turkey cheese croissant G/D/E/S 14

Mini Cheese twist V/G/D/E/S 6

Mini Chicken puff G/D/E/S 6

Chicken samosas G Vegetable samosas 10 V/G/S

Snack wrap selection 14

Egg & cheese V/G/D/E / Turkey egg & cheese V/G/D/E Chicken shawarma G/D

Whole-wheat pancake with sauce 9 V/G/D/E

Pre-packed

Popcorn 6 VE

Baked Lays 6 V/D

Sunbites 4

Olive V/D/G/S Cheese V/D/G/C





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COLD SNACKS - available 1st & 2nd break

Whole-wheat sandwich selection (with salad) 16

Chicken mayo **G/E/M/S** Coronation chicken **G/D/E/M/S** Cheese **V/G/D/E/M/S** Cheese & turkey **G/D**
Chicken tikka **G/D/L/C** Egg **V/G/E/S/M** Tuna mayo **F/G/E/M/S** Sweet chili chicken **G** BBQ chicken
G/E/M/S Nut free pesto chicken **G** Chicken ranch **G/E/M/S** Buffalo chicken **G**

Whole-wheat wrap selection (with salad) 18-20

Chicken mayo **G/E/M/S** Coronation chicken **G/D/E/M/S** Cheese **V/G/D/E/M/S** Cheese & turkey **G/D**
Chicken tikka **G/D/L/C** Egg **V/G/E/S/M** Tuna mayo **F/G/E/M/S** Sweet chili chicken **G** Roast veg &
humus **VE/L** BBQ chicken **G/M/S** Nut free pesto chicken **G** Chicken ranch **G/E/M/S** Buffalo chicken **G**

Protein Pots/Pasta Pots 10-16

Asian edamame **VE/L/S** Egg & baby spinach **V/E** Humus & crudities **VE/L** Edamame beans sea salt
VE/L Chicken pasta **G** Mixed bean & egg **V/E/L** Mixed bean & chicken **L** Veggie pasta **VE/G** Tuna
mayo pasta **G/F/M/S**

Fresh Fruit Pot Small From 6 Large From 12 **VE**

Mixed fruits, watermelon, pineapple, orange, sweet melon, apple, mandarin,

Whole fruits 4 **VE**

Apple, banana, mandarin

Brownie **V/E/D/G** 10

Freshly made bakes (No refine sugar) **V/E/D/G** 8

Freshly made cookie selection **V/E/D/G** 8

Cereal selection without/with fresh milk **V/D/G** 9/10

Granola, fruit & yogurt **V/D/G** 10

Chia overnight oats **VE/G** 10

Apple pie, banana berry, carrot cake, Cocoa banana

House of Pops **VE/G** 12

Strawberry, mango passionfruit, kiwi, acai banana, mandarin

Acai berry pot **V/D** 16

Acai, natural yogurt, strawberries, blueberries

Acai granola bowl **V/G** 20

Acai, yogurt, scratch-made granola – oats, sunflower seeds, raisins, dried cranberries, date syrup





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CHILLED DRINKS available 1st & 2nd break

Recycled PET plastic water bottle 3

Cool Sun 4 VE

Organic Sunblast selection 5 VE

Al rawabi selection 5 VE

Organic coconut water 12 VE

Essentially juice 20 VE

Essential green, Orange, Root reboot, Pomegranate, Pineapple powwow, Beet aid, Pink lemonaid, blulemonaid, Sunny days

Smoothie Bar

Fruit smoothies 22 - 16oz – VE 8oz option for primary - 11

Mango paradise, raspberry love, green machine, strawberry split, Caribbean kiss, acai kick, pink dragon, Tropica colada, Beet the heat, Refresh'mint

Coffee Shops/Events

Sparkling water 10

Soft drinks 7

Premium fruit smoothies 25 VE

Black detox, Aloe-ha

Milkshakes 27

Strawberry & white chocolate V/D Dark cherry chocolate V/D banana salted caramel V/D Oreo V/G/D Vanilla V/D Lotus V/D

IPro Sports pouch 10 VE

IPro Sports bottle 20 VE

Berry mix, mango, orange & pineapple VE





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Hot drinks for staff and visitors – 12oz

Orbis fair Trade Indian Monsoon/Decafe blend/**NEW** Blends of the month

Milks – fresh full **V/D** fresh semi **V/D** fresh skimmed **V/D** lactose free **V/D** soya **VE** Oat **VE** Coconut **VE**

Latte 15 **V/D** 17

Cappuccino 15 **V/D** 17

Flat white 15 **V/D** 17

Macchiato 12 **V/D** 14

Americano 12 **VE** 14

Double espresso 11 **VE** 13

Bumblebee 16 **VE** 18

Avantcha organic matcha latte 25 **V/D** 27

Hot Chocolate 16 **V/D** 18

Mocha 18 **V/D** 20

Iced latte 17 **V/D** 19

Iced Americano 14 **V/D** 16

Iced Spanish latte 20 **V/D** 22

Avantcha organic iced matcha latte 27 **V/D** 29

Extra Shot 4 **VE** 5

Syrups 4 **VE** 5

Vanilla/Caramel/**NEW** Spiced pumpkin/**NEW** Sugar free caramel **NEW** Sugar free vanilla

Oat/Coconut milk 4 **VE** 5

Avantcha tea selection 14 / 15

Tea Selection (Breakfast/Green/Earl grey 12 / 13

SCS staff Buy 9 and number 10 is FREE 😊 Bring your own 12oz mug and save 2AED 😊

All prices are inclusive of VAT

