

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 18

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

Pasta **VE/G with protein rich tomato sauce **VE** 16**

Pasta **VE/G with beef Bolognese 18**

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

Cheddar cheese **VE** tuna mayo **F/E/M/S** baked beans **VE/L** chunky coleslaw **V/E/M/S** barbeque chicken **G/M/S** chicken mayo **G/M/S** sweetcorn **VE**

SOUP WITH FRENCH STICK **V/G/D – 14**

Chunky vegetable **VE** tomato & mozzarella **V/D** mushroom **V/D** chicken noodle **G/E** broccoli & cauliflower **VE** cauliflower cheese **V/D** carrot & coriander **VE** spiced pumpkin **VE** lentil **VE/L** minestrone **VE/L** and more

Salad pre-pack selection – 18

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** Tandoori chicken and egg **G/E** Beetroot and feta **V/D** Chicken Caesar **G/D/E** Italian pasta **V/G/D** and more



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

HOT SNACKS available 1st & 2nd break

Toasted Whole-wheat panini selection - 18

Cheese **V/G/D** cheese & tomato **V/G/D** cheese & onion **V/G/D** Roast vegetable, cheese **V/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 – 15 - 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**

Quesadilla selection – 8

Chicken **G/D** vegetable **V/G/D**

Pitta pizza with blended tomatoes, vegetables & lentils in the sauce – 8dhs

Margarita **V/G/D/L/C**

Potato rosti – 3

Croissant selection – 8

Plain, cheese, (staff chocolate) **V/G/D/E/S**

Cheese twist **V/G/D/E/S** – 10

Whole-wheat pancake with sauce – 8 **V/G/D/E**

Pre-packed

Popcorn – 6 **VE**

Sunbites – 6

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

NEW Hunter's range – 8/10

Vegetable, quinoa and humus baked crisps

NEW Koala Picks organic range - 10

Baked healthy treats – cookies. Fruit rolls, balls, rainbow sticks



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

COLD SNACKS - available 1st & 2nd break

Whole-wheat sandwich selection (with salad) – 15

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** BBQ chicken **G/E/M/S** Nut free pesto chicken **G**

Whole-wheat wrap selection (with salad) – 17

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** BBQ chicken **G/M/S** Nut free pesto chicken **G**

NEW Protein Pots (compostable) – 10-14

Asian edamame **VE/L/S** Egg & baby spinach **V/E** chicken & tabbouleh **G** baked falafel & tabbouleh **G/L** Feta & tabbouleh **V/G/D** humus & crudities **VE/L** edamame beans sea salt **VE/L**

Fresh Fruit Pot – 6-12 **VE**

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

Whole fruits – 3 **VE**

Apple, banana, mandarin

Banana bread **V/E/D/G** – 8

Freshly made bakes **V/E/D/G** – 8

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

Cereal selection with fresh milk **V/D/G** – 9

Granola, fruit & yogurt **V/D/G** – 9

Chia overnight oats **VE/G** – 9

Apple & cinnamon, banana berry, strawberry & coconut, carrot cake,

House of Pops **VE/G** – 10

Strawberry, mango passionfruit, kiwi, acai banana, mandarin

NEW Rainbow sticks – 14 with **VE/G** & coco bean dip **VE/L** OR humus **VE/L**

House of Pops 45ml 100% natural fruit pops **VE** - 10

Strawberry, mango passionfruit, kiwi, acai banana, mandarin



MENU AND PRICE LIST

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

CHILLED DRINKS available 1st & 2nd break

NEW recycled PET plastic water bottle – 3

Organic Sunblast selection – 4 VE

Organic strawberry/chocolate milk – 10 V/D

Al rawabi selection – 5 VE

Essentially juice 20 VE

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

Smoothie Bar

NEW 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

NEW – For SCS staff and events

Premium fruit smoothies VE

Black detox, Aloe-ha

Milkshakes 25

*Vegan power shake **VE** Dark cherry chocolate **V** banana salted caramel **V***

IPro Sports drink 20 VE

*Berry mix, mango, orange & pineapple **VE***



MENU AND PRICE LIST

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

Hot drinks for staff and visitors – 12oz 100% compostable cups & lids

Orbis fair Trade coffee beans – Indian Monsoon OR decafe blend

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

Hot Chocolate – 16 **V/D** 18

Mocha – 18 **V/D** 20

Iced latte – 17 **V/D** 19

Iced Spanish latte – 20 **V/D** 22

Extra Shot – 4 **VE** 5

Syrup – 4 **VE** 5

Oat/coconut milk – 4 **VE** 5

Avantcha tea selection – 12 / 13

Tea Selection (Breakfast/Green/Earl grey/Lipton) – 8 / 9

SCS staff Buy 9 and number 10 is FREE 😊

NEW for SCS staff Bring your own 12oz mug and save 2AED 😊

All prices are inclusive of VAT

