



# 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

## 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**

## 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





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### **HOT SNACKS** available 1<sup>st</sup> & 2<sup>nd</sup> 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





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### COLD SNACKS - available 1<sup>st</sup> & 2<sup>nd</sup> 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





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**CHILLED DRINKS** available 1<sup>st</sup> & 2<sup>nd</sup> 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 the canteen only - 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**

**Soft drinks 8**

**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***







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**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

