

**CHOOSE  
YOUR  
DOUGH**

For manakish, pizzas,  
sandwiches and wraps

RICE FLOUR  
BUCKWHEAT FLOUR **SC**  
COCONUT FLOUR **SC**

# Kitchen Confidential

## OUR PANTRY

### OUR OILS & BUTTERS

Always non hydrogenated, non-inflammatory,  
organic & cold pressed: olive, avocado, coconut,  
red kernel oils & butters

### OUR FLOURS

Best in class certified organic & gluten free rice,  
buckwheat & coconut flours

### OUR FRUITS & VEGETABLES

Organic, gmo free, sourced from selective farmers

### OUR WATER

Filtered in several stages

### OUR SWEETENERS

Organic coconut crystals, maple syrup, honey &  
our diabetic friendly monk fruit & Xylitol

### OUR CONDIMENTS

Homemade & clean: ketchup, mayonnaise, pickles  
& pesto sauce

### OUR BREAD

Yeast free, sourdough, baked daily with diabetic  
friendly, vegan & low carb options

### OUR POULTRY & EGGS

Free range & organic

### OUR MEAT

Grass fed beef or lamb

### OUR FISH

Wild, individually line caught

### OUR HERBS & SPICES

Additives & msg free

### OUR PACKAGING

Biodegradable, eco-friendly, recycled & non-toxic  
food grade packaging

### OUR DETERGENTS

Organic, non-toxic & friendly for the environment



We use organic and natural ingredients.  
We are 100% free of gluten, wheat,  
refined sugar, cow's milk & soy.

## BREAKFAST

### ASK FOR OUR PANCAKES AND WAFFLES

**ADD** | **VEGETABLES** 2,000 **AVOCADO** 3,000  
**GOAT LABNEH** 4,500 **VEGAN LABNEH** 6,500

### MANAKISH

THYME **DF EF VE CS** 6,000

Homemade fresh thyme & sesame mix

CHEESE **EF V** 8,500

Choice of buffalo or sheep cheese

VEGAN CHEESE **DF EF VE CN** 12,000

Made with nuts

KAWARMA AND MINTED GOAT 13,000

LABNEH **EF**

Traditional slow cooked lamb with minted goat labneh

LAHEM B AAJIN **DF EF** 11,000

A mix of minced grass fed lamb meat, onions  
& special herbs

VEGAN SFIHA **DF EF VE CN** 10,000

Ground walnuts blended with molasses & herbs

### KAAKE/LEBANESE BAGEL

THYME **DF V CS** 10,000

SHEEP OR BUFFALO CHEESE **CS V** 13,000

VEGAN CHEESE **DF V CN CS** 13,000

GOAT LABNEH **V CS** 12,000

VEGAN LABNEH **DF V CN CS** 14,500

### EGGS

SUNNY SIDE UP **DF V SC** 15,000

SCRAMBLED **DF V SC** 15,000

LEBANESE WITH KAWARMA **DF SC** 18,000

PLAIN OMELETTE **DF V SC** 15,000

ITALIAN OMELETTE **DF V SC** 17,000

BENEDICT **DF V** 15,000

+ WILD SALMON 10,000

\*MOZARELLA DI BUFFALA OR SHEEP PECORINO CHEESE ARE ALSO AVAILABLE

### PASTRIES, MUFFINS & MORE

CROISSANT THYME **DF V CS** 4,000

CROISSANT CHEESE **V CS** 5,000

CROISSANT VEGAN CHEESE **DF V CN CS** 6,500

PAIN AU CHOCOLAT **DF V** 5,000

KNEFEH **V CN CS [VE option available]** 12,000

MUFFINS SELECTION **DF V** 6,000

**DF = Dairy Free** **V = Vegetarian** **CN = Contains Nuts** **CS = Contains Sesame** **EF = Egg Free** **VE = Vegan** **SC = Smart Carbs**

All our prices are in LBP and inclusive of VAT

**CHOOSE  
YOUR  
DOUGH**

For manakish, pizzas,  
sandwiches and wraps  
RICE FLOUR  
BUCKWHEAT FLOUR **SC**  
COCONUT FLOUR **SC**

## SOUPS

**ADD** VEGETABLES Free of charge  
CHICKEN 6,000  
LAMB 6,000

PUMPKIN  
**DF EF VE**  
15,000

LENTIL  
**DF EF VE SC**  
13,000

LAMB BROTH  
**DF EF SC**  
12,000

CHICKEN STOCK  
**DF EF SC**  
14,000

## BREADS & SPREADS

FOCCACIA & DIP  
**DF V CN** 8,000

HUMMUS & MINI PITAS  
**DF EF VE CS** 8,000

BABA GHANNOUJ & MINI PITAS  
**DF EF VE CS** 8,000

GUACAMOLE & NACHOS  
**DF EF VE SC** 15,000



## SALADS

Choose your Dressing: lemon oil /ginger  
vinaigrette / lemon mustard / mayo

**ADD** GOAT FETA 8,000  
GRASS FED BEEF FILET 10,000  
GOURMET TUNA 10,000 EGGS 3,000  
WILD SMOKED SALMON 10,000

VEGAN CHEESE 12,000  
PASTA 6,000  
CHICKEN 7,000  
AVOCADO 3,000

AVOCADO **DF EF VE CS SC** 17,000 9,000

*Cucumber, cherry tomatoes, black  
sesame on a bed of lettuce*

MILLET **DF EF VE CS CN SC** 20,000 11,000

*Pesto, beetroots, black olives,  
sundried tomatoes, nuts, seeds &  
black sesame on a bed of lettuce*

WILD RICE **DF EF VE CS SC** 24,000 13,000

*Pumpkin, grilled zucchini, sundried  
tomatoes, sesame, on a bed of lettuce*

QUINOA **DF EF VE CN CS SC** 20,000 11,000

*Grilled zucchini, avocado, cherry  
tomatoes, cucumber, nuts, black  
sesame and tortilla on a bed of lettuce*

NIÇOISE **DF SC** 28,000

*Eggs, roasted potatoes, asparagus,  
cherry tomatoes, black olives on a bed of  
lettuce with your choice of grilled wild  
alaskan salmon or gourmet tuna*

CHICKEN CAESAR 28,000

**[DF option available] CN SC**  
*Grilled organic chicken breast, cherry  
tomatoes, sundried tomatoes, walnuts,  
pecorino cheese, on a bed of lettuce with  
our home-made caesar dressing &  
buckwheat croutons*

PASTA TUNA SALAD **DF EF CS** 28,000 16,000

*Pasta, gourmet tuna, lettuce, avocado,  
cherry tomatoes, olives, black sesame*

GREEK SALAD **EF V CS SC** 22,000 13,000

*Lettuce, cucumber, cherry tomatoes,  
olives, goat feta, thyme*

## TAPAS

AVOCADO ON TOAST  
OF THE DAY

**ASK ABOUT ALLERGENS** 14,000  
+ WILD SALMON 10,000

SAMBOUSEK & FATAYER (6pcs)  
**ASK ABOUT ALLERGENS** 12,000

CHICKEN STRIPS WITH A  
DIP DUO: AIOLI & BBQ  
**DF** 15,000

FRIED SQUID & HOUSE  
TARTAR DIP  
**DF** 18,000

PROVENÇAL SQUID  
**DF EF SC** 18,000

HOUSE LAMB MAKANEK & DIP  
**DF EF CN CS SC** 21,000

FALAFEL & DIP  
**DF EF VE CS** 17,000

CHICKEN SHAWARMA & DIP  
**DF SC** 20,000

MEXICAN CHICKEN  
& GUACAMOLE  
**DF EF SC** 20,000

KEBAB & VEGGIE SKEWERS  
WITH DIP  
**DF EF CS SC** 21,000

PUMPKIN KEBBE & DIP  
**DF EF VE CN CS** 17,000

LAMB KEBBE & DIP  
**DF EF CN CS** 18,000

MEATBALLS & TOMATO SAUCE  
**DF EF SC** 19,000  
+ PECORINO CHEESE

## SIDES

FRIES - HAND CUT **DF EF VE** 8,000

TRUFFLE PECORINO FRIES **EF V** 11,000

SWEET POTATO FRIES **DF EF VE** 9,000

MICRO GREENS  
SIDE SALAD **DF EF VE SC** 8,000

BASMATI RICE **DF EF VE** 7,000

WILD RICE **DF EF VE SC** 12,000

ZOODLES **DF EF VE SC** 7,000

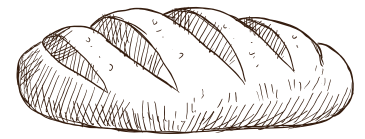
SOBA BUCKWHEAT  
NOODLES **DF EF VE SC** 12,000

**DF = Dairy Free V = Vegetarian CN = Contains Nuts CS = Contains Sesame EF = Egg Free VE = Vegan SC = Smart Carbs**

All our prices are in LBP and inclusive of VAT

**CHOOSE  
YOUR  
DOUGH**

For manakish, pizzas,  
sandwiches and wraps  
RICE FLOUR  
BUCKWHEAT FLOUR **SC**  
COCONUT FLOUR **SC**



**BURGERS**  
with fries & coleslaw

- ADD** | MOZARELLA CHEESE 5,000  
PECORINO CHEESE 7,000
- LAMB** **DF CS** 27,000  
*Grilled onions, lettuce, pickles, fresh tomatoes, ketchup, mustard & mayo*
- BEEF** **DF CS** 27,000  
*Grilled onions, lettuce, pickles, fresh tomatoes, ketchup, mustard & mayo*
- VEGGIE (ADZUKI BEANS)** **DF V CS** 18,000  
*Grilled onions, lettuce, pickles, fresh tomatoes, ketchup, mustard & mayo*

**WRAPS**

**MEXICAN**

- CHICKEN FAJITA** **DF EF**  
*Bell peppers, onions & guacamole*  
19,000
- VEGETARIAN FAJITA** **DF EF VE**  
*Zucchini, bell peppers, onions & guacamole*  
12,000

**LEBANESE**

- KAFTA PITA** **DF EF CS**  
*Pickles, fresh tomatoes, biwaz & hummus*  
13,000
- FALAFEL PITA** **DF EF VE CS**  
*Pickles, fresh tomatoes, parsley, mint & our home-made tarator*  
10,000

**SANDWICHES**

- VEGAN CHEESE** **DF EF VE CN** 15,000  
*Fresh tomatoes & our home-made pesto sauce*
- EGGS** **DF V** 11,000  
*Avocado, lettuce with mayo-mustard sauce*
- CHICKEN AIOLI** **DF** 18,000  
*Fresh tomatoes, pickles, lettuce & our homemade mayo garlic sauce*
- GOURMET ORTIZ TUNA** **DF** 18,000  
*Avocado, lettuce, pickles, sundried tomatoes & our special mayo-mustard sauce*
- WILD ALASKAN SMOKED SALMON** **DF** 26,000  
*Micro greens, avocado & our home-made tartar sauce*

**PIZZA**

Choose your Cheese: Mozarella di Buffala, Pecorino Sheep, or Vegan.

- ADD** | **LAMB SAUSAGES** 6,000  
**WILD ALASKAN SALMON** 10,000  
**GOURMET TUNA** 10,000  
**CHICKEN** 5,000

- MARGUERITA** **EF V** 21,000  
*Tomato sauce, basil, cheese*
- VEGETARIAN** **EF V** 24,000  
*Tomato sauce, zucchini, cherry tomatoes, red peppers, black olives & cheese*
- GREEK** **EF V** 27,000  
*Spinach, caramelized onions, cherry tomatoes, black olives & goat feta cheese*

- CONFIDENTIAL** **EF V** 25,000  
*Tomato sauce, caramelized onions, cherry tomatoes, black olives & cheese*

- PESTO** **EF V CN** 27,000  
*Pesto sauce, cherry tomatoes, eggplant, zucchini, red peppers & cheese*

- BRUSCHETTA** **EF V** 23,000  
*Tomato sauce, cherry tomatoes, garlic, olive oil, fresh basil & cheese*

**ASK FOR OUR  
DAILY SPECIALS**

**PLATTERS**

- GRASS-FED BEEF FILET WITH CHIMICHURRI SAUCE**  
& YOUR CHOICE OF GRILLED VEGETABLES (**SC**) OR FRIES  
**DF EF** 49,000
- ALASKAN WILD SALMON FILET WITH TERIYAKI SAUCE**  
& YOUR CHOICE OF GRILLED VEGETABLES (**SC**) OR RICE  
**DF EF** 51,000
- CHICKEN ESCALOPE WITH FRIES & AIOLI DIP**  
**DF** 33,000

**PASTA**

- PASTA AL PESTO**  
**[DF option available] EF V CN**  
24,000  
+ **GRILLED WILD SALMON**  
10,000
- PASTA TOMATO CONFIT**  
**[DF option available] EF V**  
23,000
- PASTA BOLOGNESE**  
**[DF option available] EF CN**  
27,000

**ASK FOR OUR SELECTION OF  
BREADS, CRACKERS, PASTRIES,  
DESSERTS, AND CAKES**

# BEVERAGES

COLD

Water (S)	4,500
Water (L)	6,500
Sparkling Water (S)	6,000
Coconut Water	8,000
Jax Flavored Pure Coconut Water	12,000
Iced Tea	10,000
Frappucino with Milk or Mylk	8,000
Imported Beer - Gluten Free & Organic	13,000
Juices <i>Apple, Orange, Carrot, Lemonade,</i>	7,000
<i>Pomegranate</i>	9,000
Mylk shakes <i>Choice of almond or coconut mylk</i>	13,000
Kombucha <i>Original, Ginger</i>	15,000

ASK FOR OUR SELECTION  
OF SPIRITS, COCKTAILS,  
MOCKTAILS AND ORGANIC  
BIODYNAMIC WINES



## COLD PRESSED DETOX JUICES

Hangover Tonic <i>Carrot, Apple, Kale, Ginger</i>	10,000
Remineralize <i>Celery, Apple, Lemon Juice</i>	10,000
Refuel <i>Orange, Beetroot, Carrot, Maca, Hemp Seed, Hemp Protein, Spirulina</i>	12,000
Pre-Party <i>Pear, Beetroot, Cucumber, Fresh Mint</i>	10,000

HOT

Choice of: regular organic milk, almond mylk, or coconut mylk  
Make your coffee bulletproof +3,000

Espresso	6,000	Double Espresso	8,000	Turkish Coffee	3,000
Café Latte	8,000	Americano	6,000	Café Blanc	6,000
Cappuccino	9,000	Macchiato	7,000	Matcha Latte	8,000
French Press	12,000	Turmeric Latte	7,000	Hot Chocolate	10,000
Selection of Teas & Infusions	8,000				

## SHAKES Build your own 15,000

### ENERGIZE YOUR BODY

GREENS  
*Kale  
Spinach  
Romain  
Mint*

### OIL YOUR ENGINE

HEALTHY OILS  
*Coconut Oil  
Avocado  
Almond  
Hemp Seeds*

### FUEL YOUR MUSCLES

ROOT VEGETABLES  
*Carrot  
Beetroot  
Curcuma  
Ginger*

### BOOST YOUR IMMUNITY

FRUITS  
*Banana  
Apple  
Pears  
Orange  
Berries  
Passion Fruit  
Strawberries  
Blueberries*

### BUILD YOUR MUSCLES

PROTEINS  
*Rice  
Hemp  
Spirulina*

### ENJOY THE TASTE

FLAVOR BOOSTER  
*Raw Cacao  
Green Coffee  
Guarana  
Maca  
Matcha  
Carob*