

MENU

BEN'S FARMHOUSE

FRESHLY BAKED

	Kcal	Price
● Plain Croissant (V)	212	9 Aed
● Pain Au Chocolat (V)	280	12 Aed
● Skinny Blueberry & Oat Muffin (V) (E)	273	8 Aed
● Vanilla Dark Choco Chunk Muffin (V)(E)(S)	273	8 Aed
● Egg-free Dark Chocolate Chip Cookie (VG)	199	8 Aed
● Cheese & Tomato Twist (V)	273	15 Aed
● Banana Bread (V)	181	9 Aed
● Apple Cinnamon Loaf (V)	286	9 Aed
● Oat and Raisin Cookie (E)	181	8 Aed
● Oat Raisin Flapjack (V)	320	10 Aed

WRAPS & SANDWICHES

	Kcal	Price
● Caprese Ciabatta (V)	475	19 Aed
● Turkey Ham & Swiss Cheese Croissant	475	16 Aed
● Turkey Ham Tomato & Cheese Sandwich	549	18 Aed
● Classic Chicken Club	505	25 Aed
● Roast Beef & Cheddar Wrap	520	25 Aed
● Crunchy Baked Chicken Slaw Wrap	460	23 Aed
● Red Cheddar Cheese Coleslaw SW (V)	475	16 Aed
● Chicken & Nut-Free Pesto Ciabatta	457	19 Aed
● Grilled Eggplant Harissa Salad Sandwich (V)	340	17 Aed

GLUTEN-FREE WRAPS

● Chicken Shawarma GF Wrap (GF)	458	18 Aed
● Hummus and Roasted Vegetable Wrap (GF)(V)	404	18 Aed
● Grilled Chicken Caesar Wrap (GF)	663	21 Aed

DESSERT JARS

● Sugar-free Dark Chocolate Mousse (V)(E)	210	12 Aed
● Strawberry Yoghurt Crunch Cheesecake(V)(E)	190	12 Aed

FATAYERS / PIZZA/ DUMPLINGS

● Pepperoni Fatayer	433	18 Aed
● Vegetable Dumplings & Dip (V)	469	13 Aed
● Margherita Pizza (V)	186	17 Aed
● Cheese Manakeesh (V)	253	10 Aed
● Chicken Dumplings & Dip	60	15 Aed
● Vine Leaves (Stuffed) (V)	77	11 Aed
● Meat Pizza (BBQ Chicken)	129	19 Aed

FARMHOUSE SALADS

● Chicken Caesar Salad	418	19 Aed
● Seared Steak Poke Bowl (GF)	450	26 Aed
● Tomato Mozzarella & Nut-Free Pesto Pasta Salad (V)	585	22 Aed

FRUITS & POTS

● Fresh Fruit (Apple/Banana/Mandarin) (VG)(GF)(DF)	65	4 Aed
● Fruit Salad Jar (V)(VG)(GF)	134	11 Aed
● Nut-Free Granola Peach & Mango (V)	252	16 Aed
● Blueberry Overnight Oats (V)	100	16 Aed
● Honey Overnight Oats (V)	110	16 Aed
● Banana Dark Choc Chia Pudding (V)(GF)	345	18 Aed
● Fruit Yoghurt (V)	200	5 Aed
● Cereals w/ Milk (V)	101	11 Aed
● Mixed Grapes Pot (VG)(GF)(DF)	172	11 Aed
● Sour Berry, Chia Pudding (VG)(GF)	260	16 Aed
● Strawberry Nut-Free Granola (V)	283	16 Aed
● Watermelon Jar (VG)(GF)(DF)	101	11 Aed
● Pineapple Chunks Jar (VG)(GF)(DF)	155	11 Aed

DRINKS

● Masafi Water 1.5 L	0	Aed 7
● Masafi Water 0.5 L	0	Aed 3
● Al Ain RPET Drinking Water 0.5 L	0	Aed 4
● Cool Sun Apple & Strawberry 0.2 L	80	Aed 7
● Caprisun Mixed Fruit or Mango Juice 0.2 L	88	Aed 8
● Fresh Orange Juice 200ml	11	Aed 10
● Fresh Watermelon Juice 200ml	13	Aed 9
● Banana Milk 0.25 L	81	Aed 10
● Strawberry Milk 0.25 L	83	Aed 10

- (Daily smart choice)
- (In-between choice)
- (Sometimes smart choice)

SAVOURY

● Chicken Sausage Roll (E)	320	18 Aed
● Chicken Tikka Puff (E)	440	20 Aed
● Akawi Cheese Fatayer (V)	270	16 Aed

Please refer to the separate menu for the Weekly Specials, Jacket Potato and Salad Station

(V) – Vegetarian/ (VG) – Vegan / (GF) – Gluten free/ (DF) – Dairy free / (F) – Fish / (S) - Contains soya