

# POWER LIFTING

## Breakfast Menu

- Mini croissant (plain + za'atar)
- Banana oat muffins
- Greek yoghurt cups with honey
- Boiled Egg / Chive omelette rolls
- Beef sausage / Turkey bacon
- Herb hashbrown
- Sautéed mushroom
- Grilled tomato
- Foul medames with warm cumin oil
- Seasonal fruit platter
- Assorted bread (khubz, brown rolls)
- Dates

### •Beverages:

- Tea/Coffee
- Orange juice
- Water

CENTRO

Sharjah

# POWER LIFTING

## Breakfast Menu

- Mini croissant assorted
- Blueberry whole-meal muffins
- Fruit yoghurt with granola
- Eggs: Scrambled / Boiled
- Turkey bacon / Chicken sausage
- Garlic spinach sauté
- Roasted peppers
- Batata Harra
- Vegetable upma
- Seasonal fruit
- Bread Basket
- Dates

### Beverages:

- Tea/Coffee
- Orange juice
- Water

CENTRO

Sharjah

# POWER LIFTING

## Breakfast Menu

- Mini croissant assorted
- Matcha-banana muffins
- Mango yoghurt cups
- Eggs: Boiled / Spring onion omelette
- Beef sausage / Turkey bacon
- Hash Browns
- Teriyaki glazed mushrooms
- Warm labneh & herb manakish (mini)
- Fruit platter
- Bread basket
- Dates

### Beverages:

- Tea/Coffee
- Orange juice
- Water

# POWER LIFTING

## Breakfast Menu

- Mini croissant assorted
- Chocolate bran muffins
- Forest berry yoghurt cups
- Eggs: Boiled / Pepper omelette
- Turkey bacon / Beef mortadella
- Roast Potato
- Buttered peas & carrots
- Roasted cherry tomatoes
- Baleela
- Seasonal fruit
- Bread basket
- Dates

### Beverages:

- Tea/Coffee
- Orange juice
- Water

# POWER LIFTING

## Breakfast Menu

- Mini croissant (plain)
- Cornmeal muffins
- Vanilla yoghurt with pineapple
- Eggs: Scrambled / Boiled
- Beef sausage / Turkey bacon
- Mashed Potato
- Sautéed peppers & onions
- Cilantro tomato wedges
- Egg and Chickpea Shakshoka
- Seasonal fruits
- Bread basket
- Dates

### Beverages:

- Tea/Coffee
- Orange juice
- Water

# POWER LIFTING

## Breakfast Menu

- Mini croissant Assorted
- Carrot muffins
- Fruit yoghurt with chia
- Eggs: Boiled / Masala omelette (mild)
- Turkey bacon / Chicken sausage
- Spiced hashbrown
- Turmeric mushrooms
- Cumin grilled tomato
- Spinach & sumac egg Fritata
- Light poha with peas & curry leaves
- Seasonal fruits
- Bread Basket
- Dates

### Beverages:

- Tea/Coffee
- Orange juice
- Water

CENTRO

Sharjah

# POWER LIFTING

## Breakfast Menu

- Multi-grain croissants
- Oat-honey muffins
- Greek Yoghurt with berries
- Boiled / Cheese omelette
- Turkey bacon / Beef sausage
- Dill potatoes
- Sautéed zucchini
- Roasted tomato halves
- Assorted Manakish
- Seasonal fruit platter
- Bread basket
- Dates

### Beverages:

- Tea/Coffee
- Orange juice
- Water

CENTRO

Sharjah

# POWER LIFTING

## Breakfast Menu

- Mini croissant assorted
- High-protein chocolate muffins
- Fruit yoghurt with nuts
- Scrambled / Boiled
- Turkey bacon / Chicken sausage
- Classic hashbrown
- Mixed mushroom sauté
- Grilled vegetable medley
- Falafel Sandwiches
- Seasonal fruit
- Bread basket
- Dates

### Beverages:

- Tea/Coffee
- Orange juice
- Water