

POWER LIFTING

Lunch Menu

Hot Mezze

- Lamb sambousek
- Cheese rolls

Cold Mezze

- Hummus with olive oil
- Muttabal dip

Salads

- Mediterranean quinoa salad
- Rocket, cherry tomato & sumac salad

Mains

- Lemon oregano grilled chicken with garlic jus
- Moroccan beef tagine with apricot & chickpeas
- Cajun grilled white fish with herb salsa

Sides

- Vermicelli Arabic rice
- Roasted vegetables
- Mashed Potato

Desserts

- Assorted Finger Pastries
- Brownie Bites

POWER LIFTING

Lunch Menu

Hot Mezze

- Spinach fatayer
- Fried Kebab

Cold Mezze

- Baba ghanoush
- Mint Labneh

Salads

- Greek salad
- Roasted pumpkin & pomegranate salad

Mains

- Herb paprika roast chicken
- Italian beef meatballs in chunky tomato basil sauce
- Grilled hammour with chimichurri

Sides

- Saffron couscous
- Roasted Mushroom, zucchini & peppers
- Garlic Spaghetti

Desserts

- Assorted Finger Pastries
- Umm Ali cups

POWER LIFTING

Lunch Menu

Hot Mezze

- Chicken tikka skewers
- Spicy potato pakora

Cold Mezze

- Beetroot Hummus
- Mint yoghurt cucumber dip

Salads

- Chickpea chaat salad
- Romaine lettuce with lemon coriander dressing

Mains

- Chicken kadai
- Slow-cooked beef brisket with onions
- Stirfried shrimp with garlic chilli and peppers

Sides

- Corn and peas pulao
- Stir-fried green beans & carrots
- Roast Potatoes

Desserts

- Assorted Finger Pastries
- Peanut Butter Blondie

POWER LIFTING

Lunch Menu

Hot Mezze

- Lamb kofta skewers
- Crispy vegetable samboosa

Cold Mezze

- Guacamous
- Baba Ghanouj

Salads

- Khaleeji chopped salad
- Roasted cauliflower & tahini salad

Mains

- Emirati chicken salona
- Beef kofta with tahini sauce
- Baked hammour with Emirati bezar spice

Sides

- Emirati style Machboos Rice
- Sautéed okra & tomato
- Mashed Potato

Desserts

- Assorted Finger Pastries
- Aseedda Bobaar

POWER LIFTING

Lunch Menu

Hot Mezze

- Thai chicken satay skewers
- Prawn toast

Cold Mezze

- Lemon Twist Hummus
- Wakame seaweed salad

Salads

- Edamame & tofu crunch salad
- Kale Tabbouleh

Mains

- Korean-style gochujang chicken stir fry
- Beef black pepper with Peppers
- Grilled Fish With Lemon sauce

Sides

- Steamed Rice
- Stir-fried mixed vegetables
- Roast Sweet Potato

Desserts

- Assorted Finger Pastries
- Coconut leche pudding Cups

POWER LIFTING

Lunch Menu

Hot Mezze

- Falafel with tahini
- Beef kibbeh

Cold Mezze

- Muhammara
- Red pepper Hummus

Salads

- Roasted beet & feta
- Cabbage, walnut & apple slaw

Mains

- Lemon herb roasted chicken with olives
- Italian-style braised beef with rosemary
- Shrimp Saloona

Sides

- Herbed bulgur
- Grilled vegetables
- Vermicelli Rice

Desserts

- Assorted Finger Pastries
- Pistachio Baklava

POWER LIFTING

Lunch Menu

Hot Mezze

- Chicken tikka
- Vegetable samosa

Cold Mezze

- Hummus
- Cucumber mint yoghurt

Salads

- Fallahi salad
- Mango & red cabbage slaw

Mains

- Butter Chicken
- Beef and Bamia Stew
- Shrimp with saffron sauce and veggies

Sides

- Saffron rice
- Roasted vegetables
- Roast Potatoes

Desserts

- Assorted Finger Pastries
- Gulab Jamoon