



CONTENTS-ALLERGEN INFORMATIONS-CALORIES



GRILLED
BABY CHICKEN



CAESAR SALAD



GRILLED
MEATBALLS



TURKISH DESSERT



CHEESE WRAP

COLD BREAKFAST BOX



CONTENTS	ALLERGEN INFORMATION	Calories
Fresh fruit salad		35 kcal
Strawberry yoghurt	Contains milk.	40 kcal
Breakfast selections		
<i>"Kaşar" cheese, white cheese</i>	Contains milk.	125 kcal
<i>Herbed chicken breast</i>		
<i>Tomato and cucumber</i>		
Butter	Contains milk.	65 kcal
Jam		50 kcal
Marinated green and black olives		100 kcal
Wholegrain bread	Contains wheat, rye (gluten). May contain traces of milk, egg, sesame, mustard.	75 kcal
White cheese and tomato sandwich	Contains sesame, milk, egg, wheat (gluten).	245 kcal
Water		

**Total Calories:
735 kcal**

BOREK-HOT BREAKFAST



CONTENTS

ALLERGEN INFORMATION

Calories

Cherry tomatoes		
Black olive		
Green olive		95 kcal
Aged kaşar	Contains milk.	
Chocolate cake	Contains soy, almond, wheat (gluten), egg, milk. May contain traces of pistachio, walnut, hazelnut, cashew.	145 kcal
Wholegrain bread	Contains wheat, rye (gluten). May contain traces of milk, egg, sesame, mustard.	75 kcal
Butter	Contains milk.	65 kcal
Jam		50 kcal
Turkish style pastry with spinach and cheese	Contains wheat (gluten), egg, milk.	500 kcal

Total Calories:
930 kcal

GRILLED BABY CHICKEN



CONTENTS	ALLERGEN INFORMATION	Calories
Marinated cabbage salad Black olive		15 kcal
Chocolate cake	Contains soy, almond, wheat (gluten), egg, milk. May contain traces of pistachio, walnut, hazelnut, cashew.	145 kcal
Wholegrain bread	Contains wheat, rye (gluten). May contain traces of milk, egg, sesame, mustard.	75 kcal
Butter	Contains milk.	65 kcal
Grilled baby chicken	Contains barley (gluten), milk, fish.	275 kcal
Potato puree, Ratatouille	Contains milk.	
		Total Calories: 575 kcal

GRILLED MEATBALLS



CONTENTS	ALLERGEN INFORMATION	Calories
Marinated cabbage salad	Contains sulfite.	15 kcal
Black olive		
Chocolate vanilla cake	Contains wheat (gluten), soy, egg. May contain traces of milk.	115 kcal
Wholegrain bread	Contains wheat, rye (gluten). May contain traces of milk, egg, sesame, mustard.	75 kcal
Butter	Contains milk.	65 kcal
Turkish style grilled ground beef	Contains wheat, barley (gluten), fish, milk, egg.	360 kcal
Braised veggies, buttered rice	Contains wheat (gluten), celery, milk.	

**Total Calories:
630 kcal**

RIGATONI PASTA



CONTENTS

ALLERGEN INFORMATION

Calories

"Şakşuka" fried eggplant and peppers in tomato sauce
Chocolate vanilla cake

65 kcal

Contains wheat (gluten), soy, egg.
May contain traces of milk.

115 kcal

Homemade creamy parmesan tomato sauce rigatoni

Contains wheat (gluten), milk, egg.
May contain traces of soy.

255 kcal

**Total Calories:
435 kcal**

COLD MEAL BOX



CONTENTS	ALLERGEN INFORMATION	Calories
Potpourri of mezze		
<i>"Şakşuka" fried eggplant and peppers in tomato sauce</i>		65 kcal
<i>"Haydari" herbed yoghurt</i>	Contains milk.	50 kcal
Garden fresh salad with herbed chicken		
<i>Herbed chicken breast,</i>		65 kcal
<i>Mediterranean greens, tomato</i>		
<i>Lemon olive oil dressing</i>		45 kcal
Dried fruits		
<i>Dried apricot,</i>	Contains sulfite. May contain traces of walnut, almond, pistachio, sesame, hazelnut, cashew.	120 kcal
<i>fig,</i>		
<i>raisins</i>		
"Kaşar" cheese sandwich		
<i>Sun dried tomato bun,</i>	Contains milk, wheat (gluten), sulfite.	320 kcal
<i>"kaşar" cheese,</i>		
<i>green pepper</i>		
Pide bread	Contains sesame, egg, wheat (gluten).	150 kcal
Butter	Contains milk.	65 kcal
Water		

**Total Calories:
880 kcal**

VEGETARIAN MEAL BOX



CONTENTS	ALLERGEN INFORMATION	Calories
Garden fresh seasonal salad		10 kcal
Marinated bombay beans in olive oil		60 kcal
Best of Turkish mezze		
<i>Hummus,</i>	Contains sesame.	
<i>şakşuka,</i>	Contains sesame.	170 kcal
<i>stuffed zucchini</i>	Contains sesame.	
<i>lemon olive oil dressing</i>		
Fresh fruit salad		35 kcal
Grilled veggie sandwich	Contains wheat (gluten). May contain traces of egg, milk, sesame, mustard.	125 kcal
Wholegrain bread	Contains wheat, rye (gluten). May contain traces of egg, milk, sesame, mustard.	75 kcal
Margarine		35 kcal
Water		
		Total Calories: 510 kcal

CHILD MEAL BOX



CONTENTS	ALLERGEN INFORMATION	Calories
Kids meal "Kaşar" cheese and turkey breast canape	Contains wheat (gluten), milk. May contain traces of sesame and egg.	130 kcal
Tomatoes and orange segments		
Strawberry yoghurt	Contains milk.	40 kcal
Jam		50 kcal
Butter	Contains milk.	65 kcal
Cereals	Contains wheat, barley, oat (gluten). May contain traces of soy, milk.	55 kcal
White cheese and tomato sandwich	Contains wheat (gluten), milk. May contain traces of egg, sesame, mustard.	230 kcal
Chocolate cake	Contains soy, almond, wheat (gluten), egg, milk. May contain traces of pistachio, walnut, hazelnut, cashew.	165 kcal
Pide bread	Contains sesame, egg, wheat (gluten).	150 kcal

**Total Calories:
885 kcal**

KOSHER MEAL



CONTENTS	ALLERGEN INFORMATION	Calories
Cereal bar*		100 kcal
Melba toast	Contains wheat, barley, rye (gluten), soy. May contain traces of sesame.	75 kcal
Orange juice		45 kcal
Fruit compote (Apple compote)		70 kcal
Salmon rillettes	Contains fish, soy, mustard, sulfite.	135 kcal
		Total Calories: 425 kcal

* 1 of 5 kind

Cereal for Me Granola Bar with Almond & Honey / Contains oat, barley (gluten), almond, soy. May contain traces of sesame, milk.

Cereal for Me Granola Bar with Almond & Chocolate / Contains oat (gluten), almond, soy. May contain traces of sesame, milk.

Cereal for Me Snack Bar Dark Chocolate and Peach / Contains wheat, barley (gluten), soy. May contain traces of sesame, milk.

Cereal for Me Snack Bar Dark Chocolate and Cranberry / Contains wheat, barley (gluten), soy. May contain traces of sesame, milk.

Cereal for Me Snack Bar Dark Chocolate and Nuts / Contains wheat, barley (gluten), soy, peanut, almond, hazelnut. May contain traces of sesame, milk.

CAESAR SALAD



CONTENTS

ALLERGEN INFORMATION

Calories

Chicken Caesar salad

Contains milk, sulfite, fish, egg, mustard, barley (gluten).

335 kcal

Parmesan

Contains milk, egg.

Croutons

Contains wheat (gluten).
May contain traces of milk, egg and sesame.

15 kcal

Total Calories:
350 kcal

CHEESE & VEGETABLE SALAD



CONTENTS

ALLERGEN INFORMATION

Calories

Grilled veggie salad

*Mediterranean greens,
grilled eggplant and sweet potato
white cheese,
pomegranate,
pine nuts*

Contains milk.

145 kcal

Lemon olive oil dressing

80 kcal

**Total Calories:
225 kcal**

CHEESE WRAP



CONTENTS

Pesto and cheese wrap

ALLERGEN INFORMATION

Contains wheat (gluten), milk, egg.

Calories

530 kcal

**Total Calories:
530 kcal**

CHICKEN SANDWICH



CONTENTS

Chicken tikka masala sandwich
*Tikka masala marinated chicken
and tomatoes*

ALLERGEN INFORMATION

Contains wheat (gluten),
sesame, egg, milk. May
contain traces of mustard,
fish, soy, celery.

Calories

350 kcal

**Total Calories:
350 kcal**

TURKISH DESSERT



CONTENTS

Turkish dessert selections

Walnut baklava,
"revani"
Semolina cake,
pistachio roll

Clotted cream

ALLERGEN INFORMATION

Contains wheat (gluten),
walnut, pistachio, egg, milk.
May contain traces of hazel-
nut, almond, peanut,
sesame.

Contains milk.

Calories

350 kcal

**Total Calories:
350 kcal**

ALMOND CAKE



CONTENTS

Almond cake

ALLERGEN INFORMATION

Contains almond, wheat (gluten), egg, milk. May contain traces of hazelnut, walnut, pistachio, cashew.

Calories

290 kcal

**Total Calories:
290 kcal**