



GRAB AND GO TERM 1



SANDWICHES

CHICKEN STEAKHOUSE

(248 g - 550 kCal) - **AED 16.00**

Fat - 5.8g, Sat. Fat - 1.66g, Sugar - 0.34g, Salt - 0.132g

BOLOGNAISE IN BAGUETTE

(200 g - 195 kCal) - **AED 20.00**

Fat - 2g, Sat. Fat - 1g, Salt - 1.1g, Sugar - 2g.

CARAMELIZED ONION & CHEDDAR CROISSANT

(200 g - 221 kCal) - **AED 16.00**

Fat - 2g, Sat. Fat - 0.9g, Sugar - 1.8g, Salt - 0.9g

LEMONGRASS CHICKEN BHA MHI

(220 g - 340 kCal) - **AED 16.00**

Fat - 1.3g, Sat. Fat - 0.6g, Sugar - 1.4g, Salt - 0.9g

TANDOORI CHICKEN CHAPATI

(200 g - 221 kCal) - **AED 16.00**

Fat - 2g, Sat. Fat - 0.9g, Sugar - 1.8g, Salt - 0.9g

CHICKEN KATSU BRIOCHE

(240 g - 251 kCal) - **AED 15.00**

Fat - 5.1g, Sat. Fat - 1.5g, Sugar - 3g, Salt - 1.4g

APPLE & CHEDDAR ON PRETZEL BUN

(320g - 466 kCal) - **AED 15.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 1g

DOUBLE PATTY BURGER

(220g - 265 kCal) - **AED 10.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 1g



PASTRIES & BREAD

MAC N CHESSE FRITTERS

(155 g - 393 kCal) - **AED 9.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 0.4g

PIZZA PIE

(100 g - 260 kCal) - **AED 7.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 1g

CINNAMON SWIRL

(70 g - 140 kCal) - **AED 8.00**

Fat - 1.12g, Sat. Fat - 0.2g, Sugar - 1.52g, Salt - 0.03g

TOMATO & CHEESE TWIST

(70 g - 140 kCal) - **AED 6.00**

Fat - 2.1g, Sat. Fat - 0.6g, Sugar - 1.2g, Salt - 0.16g

FN's BANANA BREAD

(90 g - 130 kCal) - **AED 6.00**

Fat - 2g, Sat. Fat - 0g, Sugar - 2g, Salt - 1g

MUFFIN (FRUIT)

(55 g - 190 kCal) - **AED 6.00**

Fat - 0.54g, Sat. Fat - 0.38g, Sugar - 0.92g, Salt - 0.15g

APPLE PIE BISCUIT

(80 g - 138 kCal) - **AED 6.00**

Fat - 1.3g, Sat. Fat - 1g, Sugar - 1.1g, Salt - 0.3g

BAKED CHICKEN TENDERS

(90 g - 180 kCal) - **AED 7.00**

Fat - 2.5g, Sat. Fat - 0.5g, Sugar - 0.02g, Salt - 0.36g

BAKED CHICKEN NUGGETS

(80 g - 180 kCal) - **AED 6.00**

Fat - 1.6g, Sat. Fat - 0.4g, Sugar - 1g, Salt - 0.12g

Weekly special (MON, WED, FRI) 7 AED to 10AED



SALADS

TANDOORI CHICKEN CAESAR SALAD

(350 g - 527 kCal) - **AED 16.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 1.5g, Salt - 1g

TACO SALAD

(320 g - 517 kCal) - **AED 16.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 1g

RAINBOW CHICKEN SALAD

(420 g - 517 kCal) - **AED 16.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 0.6g

WATERMELON & HALLOUMI SHAKE UP SALAD

(70 g - 50 kCal) - **AED 14.00**

Fat - - g, Sat. Fat - - 0g, Sugar - - 0g, Salt - - 0g

FRESH FRUIT SALAD

(70 g - 50 kCal) - **AED 13.00**

Fat - - g, Sat. Fat - - 0g, Sugar - - 0g, Salt - - 0g

ARABIC MEZZE BOWL

(120 g - 112 kCal) - **AED 16.00**

Fat - 1.2g, Sat. Fat - 0.5g, Sugar - 1g, Salt - 0.6g

MANGO & VANILLA YOGHURT GRANOLA

(80 g - 169 kCal) - **AED 13.00**

Fat - 2g, Sat. Fat - 0.9g, Sugar - 0.2g, Salt - 2g

BERRY & LEMON GRANOLA

(80 g - 189 kCal) - **AED 14.00**

Fat - 2.5g, Sat. Fat - 0.9g, Sugar - 2g, Salt - 0.2g



FN BOWLS

RICE BOWLS (320 g) - AED 14.00

with Choice of

Butter Chicken (410 kCal)

Fat - 1.2g, Sat. Fat - 1g, Sugar - 1.6g, Salt - 1g

Sweet Chilli Sauce (380 kCal)

Fat - 1.3g, Sat. Fat - 0.9g, Sugar - 2g, Salt - 1g



مركز أبوظبي
للصحة العامة
ABU DHABI PUBLIC
HEALTH CENTRE



All our products are approved by
ADPHC program - 'SEHHI'

2,000 calories a day, is used for General nutrition advice,
but calorie needs vary.

Nutritional Value of Fat, Sat. Fat, Sugar, and Salt in 100g.



GLUTEN



EGGS



CELERY



FISH



MILK &
DAIRY



MUSTARD

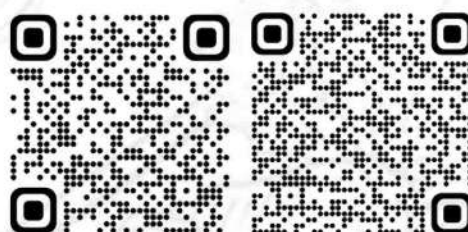


All Prices Include VAT



"Let's Beat the Crowd"

Make Your
Pre-Order
In Spare App



WRAPS

CHICKEN WRAPTOR

(200 g - 241 kCal) - **AED 16.00**

Fat - 5.4g, Sat. Fat - 1.3g, Sugar - 2.7g, Salt - 0.11g

EGGS & HASHBROWN WRAP

(160 g - 201 kCal) - **AED 13.00**

Fat - 3.1g, Sat. Fat - 0.7g, Sugar - 1.7g, Salt - 0.5g

CHICKEN SHAWARMA

(160 g - 235 kCal) - **AED 16.00**

Fat - 4.1g, Sat. Fat - 1g, Sugar - 2.3g, Salt - 1g



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