



“LUNCH MARKET”

TIMING: From Sunday to Thursday 12:00pm to 03.30pm

CONTACT: Chef's House, Radisson Blu Media City, East Tower – Tel: 043669 62 chefshouse.mediacity.dubai@radissonblu.com

CONCEPT:

Keep your body and mind on track with our new LUNCH MARKET buffet, serving plenty of healthy and organic options for you to choose from!

PRICE:

Food: Unlimited healthy food selection @ 125 per person (including 1 soft drink per person)

FOOD MENU – Menu selection changes everyday

RAW STARTERS & SALADS

Skinny chicken & avocado Caesar salad (H)
Organic beets & feta (OG)
Thai cucumber salad (OG)
Grape, avocado & rocket salad (H)
Miso Soup (H)
Minestrone Soup (H)
Super Sunday detox (V)
Quiche of the day
Skinny asparagus & feta (LF)

HEALTHY ORIENTAL CORNER

Moroccan eggplant salad (OG)
Sundry tomato hummus (H)
Quinoa Tabbouleh (H)
Moutabel (OG)
Mujaddara (organic green lentil)

GRILL STATION

BBQ free range chicken
Striploin mini steak

HOT DISHES

Freekeh (OG)
Steam broccoli with roasted almond (OG)
Grill fish with teriyaki sauce (LC)
Healthy pesto baked rigatoni (LF)
Gluten free slow cooker meatballs (GF)
Rigatoni with creamy pesto (LF)
Roasted purple potato

DESSERT

Concerto cake (GF)

LF	Low Fat
H	Healthy
LC	Low Carb
GF	Gluten Free
LAF	Lactose Free
DF	Dairy Free
SF	Sugar Free
V	Vegan
OG	Organic

Fraise tagada (GF, SF)
Raspberry flourless cake (GF)
Honey Pecan pie (SF)
Plums almond tart (GF, LF)
Fresh cut fruits
Poached pear in orange syrup (SF)
Sago with coconut (V, LS)
Balsamic spiked strawberries (H)