

# قائمة المحتويات الغذائية NUTRITION MENU

ALL YOU HAVE  
TO DO IS

+++ COUNTING

We believe in balanced food that serves the body with the essential nutrients for a joyful healthy living.

We hand made our picks, a variation of 10% is expected.

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## PICKS FROM THE FRIDGE

	PRICE (KD)	ITEM NAME	CALORIES (KCal)	FAT (g)	CARBS (g)	FIBERS (g)	PROTEIN (g)
السندويشات SANDWICHES	1.65	Steak Sliders	342	12	35	7	24
	1.40	Mozzarella Panini	364	11	30	6	34
	1.25	Falafel Protein Wrap	445	18	39	16	33
	1.25	Egg Protein Wrap	438	24	11	8	45
	1.65	Chicken Fajita Wrap	269	8	29	2	23
	1.65	Pepperoni Pizza Wrap	361	17	29	1	22
	0.95	Chicken Shawarma Wrap	291	12	26	2	22
	1.65	Beef Shawarma Wrap	384	14	37	8	28
	1.80	Chicken Pesto Sandwich	392	16	35	5	27
	1.35	Labneh Sandwich	317	6	51	8	15
	1.35	Turkey Veggies Sandwich	338	13	34	5	23
	1.35	Halloumi Cheese Sandwich	460	23	48	2	17
	1.65	Turkey Rocca Sandwich	364	12	43	8	20
	1.75	Chicken Spinach Sandwich	393	12	41	8	32
	1.75	Chicken Rocca Sandwich	331	12	28		28
	1.15	Feta Veggies Sandwich	336	18	31	1	13
	0.95	Caprese Sandwich (half)	230	12	20	1	10
	0.65	Nabulsi Cheese Sandwich	280	18	20	2	10
	1.50	Baked Chicken Sliders	344	11	25		34
	1.25	Oriental Halloumi Sandwich	345	16	31		18
1.25	Surimi crab sandwich	335	10	48		12	
1.25	Grilled Cheese Sandwich	395	21	22		25	
1.00	Egg Bun	340	18	24		19	
1.50	Salami Sandwich	284	11	32		13	
1.75	Awesome Burger	430	23	37		17	
1.75	Grilled steak sandwich	460	20	34		20	
اطباق DISHES & HOT BOWLS	2.50	Chicken Parmigiana	474	13	37		50
	2.25	Chicken Mushroom Pasta	497	22	52	6	26
	2.75	Chicken Butter Protein Pack	584	29	38		41
	2.10	Tomato Crème Pasta	497	21	63	8	17
	2.25	Chicken Pesto Pasta	487	15	47		40
	1.25	Spaghetti Bolognese	199	7	26		11
	2.80	Light Sushi Platter	230	4	41	4	8
	2.75	Chicken Protein Pack	397	8	29	4	50
	3.75	Beef Protein Pack	469	20	22	2	50
	3.25	Mumawash Protein Pack	477	20	40	7	35
	3.75	Chimichurri Protein Pack	487	23	19		49
	2.75	Tawook Protein Pack	424	8	33		52
	3.75	Salmon Protein Pack	485	23	30		40
	2.25	Salmon PICK Poke	290	7	38		17
	1.95	Shrimp Jaipur Hot Bowl	325	10	38		17
4.25	Short ribs Machboos	530	17	59		34	
سلطات SALADS	1.75	Chicken Pasta Salad	376	14	44	1	22
	1.95	Red-Green Salad	188	11	16		7
	1.65	Baked Falafel Salad	266	13	33		10
	1.95	Hummus Quinoa Salad	293	12	38		10
	1.65	Rocket Salad	196	12	17	3	8
اطباق جانبية SNACKS	0.60	Lupin & Almond	226	11	14	5	22
	0.75	Mango Pot	87	0	22	2	1
	0.60	Watermelon & Cheese	77	3	13	1	3
	0.65	Apple & Peanuts	211	16	14	5	7
	0.50	Black Seedless Grapes	83	0	22	1	1
	0.75	Edamame DIP	118	6	9	5	9
	0.65	Fresh Veggies POT	83	1	19	3	1
	1.50	All Berries Fruit POT	114	1	22	5	4
	0.85	Tropical Fruit POT	95	1	24	4	1
	0.65	Pomegranate POT	124	1	23	8	2
	0.65	Pom & Pom Fruit POT	93	1	22	4	2
	0.95	Strawberry Pot	96	15	4		
	1.25	Berries Oatmeal POT	213	3	38	4	13
	1.25	Plain Greek Yogurt	204	4	15	2	27
	1.25	Super Greek Yogurt POT	235	6	25	48	18
	1.25	Greek Yogurt & Fruit Compote	191	3	24	2	18
	0.65	Hand Cooked Potato Chips	200	12	21	3	3
	0.85	Greek Quinoa Salad POT	192	13	15	3	4
	0.85	Brown Rice Salad POT	184	8	25	4	4
	0.85	Thai Chicken Salad POT	200	12	15	2	9
	0.65	Simple Green Salad POT	72	7	3	1	1
	0.65	Fatfeh Salad POT	161	3	27	5	8
	1.60	Baby Mozzarella POT	219	16	5	1	14
	0.50	Clementine POT	59	0	15		1.1
	0.70	Vatamin C Fruit POT	80	1	19	4	2
1.50	Organic Chestnut POT	191	1	42	0	4	
1.54	Chicken Freekeh Soup	120	4	11		10	
0.95	Sweet Potato Soup	99	4	15		3	
0.95	Light Mushroom Soup	69	3	6		3	
اطباق الآسيوي ACAII BOWLS	2.00	Plain Acai Bowl	218	4	47	4	2
	3.00	Passion Fruit Acai Bowl	350	8	69	9	5
	2.50	Classic Acai Bowl	274	5	58	7	3
	2.50	Peanut Acai Bowl	398	13	68	6	5
	حلويات DESSERTS	1.10	Strawberry Cheesecake	283	12	33	1
1.10		Matcha Cheesecake	285	12	33	1	10
1.10		Raspberry Cheesecake	275	12	31	1	10
1.10		Protein Cheesecake	279	13	27	0	12
كولد بريس COLDPRESS DRINKS		0.75	Orange Juice	151	0	37	1
	1.75	Pomegranate Juice	134	1	33	0	0
	0.85	Carrot/Orange Juice	94	0	22	2	2
	0.85	Watermelon	105	0	25	3	3
	0.65	Blossom Lemonade	36	0	10	0	0
	1.65	Pineapple	170	0	41	1	2
	1.35	Ruby	152	0	37	1	1
	1.65	Emerald	163	0	40	3	1
	1.50	Solar	117	0	30	3	1
	1.65	Forest	173	6	32	6	2
	1.25	Blush	153	0	36	0	2
	1.35	Grapefruit	129	0	30	0	2
	1.10	Clementine	158	0	33	0	3
	0.65	Fresh Laban	64	0	4	0	
	شاي مثلج ICED TEA	1.25	Mango Passion Iced Tea	35	0	7	
1.25		Raspberry Lemon Iced Tea	4	0	1		
1.25		Yuzu Iced Tea	6	0	2		
شوتس SHOTS	0.75	Berry Shot	78	3	19		12
	0.75	Green Shot	58	3	13		0
	0.75	Spice Shot	68	0	15		1
	0.75	Beet Shot	77	0	19		
	0.75	Ginger Shot	64	0	15		
رؤ RAW	1.65	Cleanse Smoothie	220	8	39	4	2
	1.65	Strength Smoothie	339	16	39	4	15
	1.75	Beauty Smoothie	220	1	54	7	3
	1.65	Balance Smoothie	295	9	40	5	15



**PICK™**  
DAILY PICKS

## قائمة المحتويات الغذائية

# NUTRITION MENU

### PICKS FROM THE COUNTER

PRICE (KD)	ITEM	CALORIES (KCal)	FAT (g)	CARBS (g)	FIBERS (g)	PROTEIN (g)
1.50	Hot PICK Latte	139	0	24	0	7
1.00	Espresso	2	0	0	0	0
1.00	Americano (8oz or 12oz)	2	0	0	0	0
1.25	Cafe Latte	99	1	14	0	10
1.00	Cortado	4	0	0	0	1
1.25	Flat White	80	0	12	0	6
1.25	Cappucino	100	0	14	0	10
1.50	Togo Latte	173	10	20	0	8
1.50	White Latte	251	12	30	0	8
1.50	Dutch Latte	156	0	24	0	7
1.50	Turkish Latte	140	0	24	0	7
1.00	Turkish Espresso	3	0	1	0	0
0.75	Arabian Espresso	3	0	1	0	0
1.50	Hot Matcha Latte	128	2	16	0	8
1.25	Tea Latte	80	0	12	0	6
1.50	Togo Shot	150	10	16	0	4
1.50	Hot Chocolate	208	12	26	0	9
1.50	Hot White Mocha Small	175	1	35	0	5
1.50	Hot White Mocha Regular	230	2	45	0	7
1.50	Iced PICK Latte Small	167	8	16	0	8
1.75	Iced PICK Latte Regular	223	11	21	0	11
0.95	Cold Brew	5	0	30	0	2
1.50	Wakeup Small	189	2	32	0	9
1.75	Wakeup Regular	268	3	46	0	12
1.25	Iced Latte Small	89	1	12	0	9
1.50	Iced Latte Regular	120	1	16	0	11
1.00	Iced Americano Small	2	0	0	0	0
1.00	Iced Americano Regular	3	0	0	0	0
1.50	Iced Togo Small	198	10	24	0	10
1.75	Iced Togo Regular	264	14	33	0	15
1.50	Iced White Mocha Small	175	1	35	0	5
1.75	Iced White Mocha Regular	230	2	45	0	7
1.50	Iced Matcha Latte	192	3	24	0	12
1.75	Red Ice	76	0	19	0	0
1.35	Espresso Regular	97	1	16	0	4
1.55	Espresso Large	187	2	33	0	8
1.45	Caramel Regular	169	2	31	0	6
1.65	Caramel Large	247	3	46	0	8
1.45	Mocha Regular	196	3	36	0	11
1.65	Mocha Large	289	4	53	0	15
1.45	White Mocha Regular	187	2	34	0	7
1.65	White Mocha Large	272	4	50	0	10
1.35	Green Tea Regular	185	2	33	0	8
1.55	Green Tea Large	242	3	43	0	10
0.50	Greek Yogurt (Mini)	50	0	4	0	9
0.75	Greek Yogurt (Small)	74	0	6	0	13
1.15	Greek Yogurt (Medium)	124	0	9	0	22
1.65	Greek Yogurt (Large)	211	0	16	0	37
1.65	Classic Parfait	358	6	53	4	26
1.95	All Berries Parfait	354	5	52	5	26
1.95	Combo Parfait	309	7	39	3	26
1.50	YO Smoothie Small	219	0	44	2	11
2.25	YO Smoothie Regular	295	1	59	4	15
1.75	Protein Smoothie Small	164	0	13	1	29
2.50	Protein Smoothie Regular	233	0	16	2	40

**PICK**<sup>TM</sup>  
DAILY PICKS

**YO**<sup>TM</sup>  
YOGURT

**mi**<sup>TM</sup>  
MILK

**ve**<sup>TM</sup>  
VEGAN

LOCALLY MADE WITH FRESH INGREDIENTS.  
NO ADDITIVES, NO PRESERVATIVES, 100% NATURAL.

## PICKS FROM THE COUNTER

PICK YO	PRICE (KD)	ITEM NAME	CALORIES (KCal)	FAT (g)	CARBS (g)	FIBERS (g)	PROTEIN (g)
	0.60	Original (Mini)	92	0	20	4	3
	0.75	Original (Small)	129	0	28	6	5
	1.25	Original (Medium)	184	0	39	8	7
	1.75	Original (Large)	294	0	63	13	11
	1.95	Original (R. Parfait)*	184	0	39	8	7
	2.50	Original (L. Parfait)*	294	0	63	13	11
PICK MI	0.60	Espresso MI (Mini)	91	0	18	0	4
	0.75	Espresso MI (Small)	118	0	23	0	5
	1.25	Espresso MI (Medium)	182	0	36	0	8
	1.75	Espresso MI (Large)	273	0	54	0	12
	1.95	Espresso MI (R. Parfait.)*	182	0	36	0	8
	2.50	Espresso MI (L. Parfait.)*	273	0	51	0	12
PICK YO	0.80	Mango YO (Mini)	86	4	16	4	5
	0.95	Mango YO (Small)	112	5	21	5	5
	1.75	Mango YO (Medium)	172	8	33	8	8
	2.15	Mango YO (Large)	258	12	49	12	12
	1.95	Mango YO (R. Parfait)*	172	8	33	8	8
	2.50	Mango YO (L. Parfait)*	258	12	49	12	12
PICK MI	0.60	Mahalabiya MI (Mini)	91	0	18	0	4
	0.75	Mahalabiya MI (Small)	118	0	23	0	5
	1.25	Mahalabiya MI (Medium)	182	0	36	0	8
	1.75	Mahalabiya MI (Large)	273	0	54	0	12
	1.95	Mahalabiya MI (R. Parfait)*	182	0	36	0	8
	2.50	Mahalabiya MI (L. Parfait)*	273	0	51	0	12

\* NOTE: PARFAIT NUTRITION CALCULATED WITHOUT TOPPINGS

## TOPPINGS

Strawberry	5	Sliced Coconut	35	Pistachio Sauce	45
Kiwi	15	Roasted Coconut	35	Choc Biscuit	40
Raspberry	6	Sliced Almond	40	Choc Hazelnut	32
Pomegranate	16	Crunchy Granola	36	Choc Wafer	37
Blackberry	8	Sweet Granola	40	Raspberry Comp	8
Blueberry	7	Digestive	37	Blackberry Comp	8
Watermelon	9	Dates	22	Hazelnut Sauce	40
Mango	16	Oreo	37	Cheesecake Sauce	35
Pineapple	12	Flake	42	Peanut Sauce	40
Honeycomb	40	Chia Seeds	15	Lemon Biscuit	40
Caramel Biscuit	40	Pistachio Nuts	40	5 Berries Comp	10
Caramelized Pistachio	40	Freezed Dried Raspberry	2	Dark Chocolate Brownie	40
				Orange Peel	30

\* Prices and calories does not include toppings.