



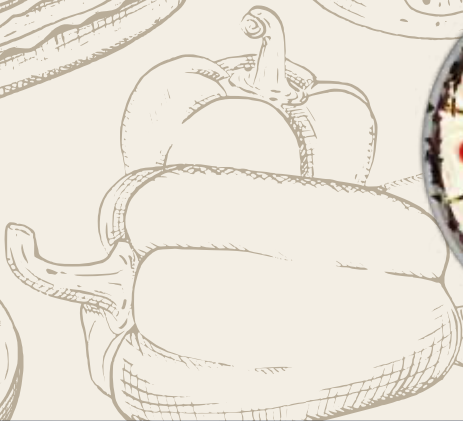
مستشفى الزهراء دبي

AL ZAHRA HOSPITAL DUBAI

Care in Style

رعاية راقية

# ROOM SERVICE MENU



# MENU

## BREAKFAST

AVAILABLE FROM 7:30AM - 10:00AM

### Cereal

Served with full fat or low fat milk

Corn Flakes, Rice Krispies, All Bran Flakes, Fruit & Fiber, Chocó pops

9.00 AED

### Eggs to order

- **Masala Omelet** - Two-egg omelet made with fresh whole eggs, green pepper, onion, tomato, and mushrooms. (served with two slices of toasted bread, butter & jam)

- **Farm-Fresh Scrambled Eggs** - Two, large eggs mixed with a splash of milk and scrambled. (served with two slices of toasted bread, butter & jam)

- **Fried Egg** - Two large egg sunny - side up or both side fried. (Served with two slices of toasted bread, butter & jam)

12.00 AED

### Chilled Fresh Juices (200ml)

10.00 AED

### Fresh Fruit Pot

Deli Favorites (Available from 7:30 AM -9:00 PM)

12.00 AED

### Grilled Chicken Sandwich

Grilled mayo chicken sandwich with your choice of brown or white bread, lettuce, tomato and cucumber

15.00 AED

### Garden Vegetable Sandwich

Garden fresh veg. sandwich with your choice of brown or white bread, lettuce, tomato and cucumber

12.00 AED

### Sliced Cheese Sandwich

Cheddar sliced cheese Sandwich - Full fat or low fat cheese sandwich with your choice of brown or white bread

12.00 AED



# MENU

## LUNCH & DINNER

AVAILABLE FROM 12:00PM - 9:00PM

### Salads

**Nicoise Salad: (Approx. calories: 327 Per Portion) 10.00 AED**

Cubed potatoes, fresh green beans, grated lemon zest, freshly ground pepper, boiled egg, sliced light tuna in water, tomatoes, oil and vinegar salad dressing

**Chicken and Apple Salad: (Approx. calories: 330 10.00 AED**

**Per portion)**

chicken breast, romaine lettuce, tomato, green pepper, apple, crumbled feta cheese, chopped avocado and Italian or vinaigrette dressing

**Beef and Broccoli Salad: (Approx. calories: 350 12.00 AED**

**Per Portion)**

Broccoli, white vinegar, mustard, horseradish, salt, ground black pepper, olive oil, sour cream, thick sliced deli roast beef, tomatoes and green onions

**Greek Salad: (Approx. calories: 250 Per Portion) 10.00 AED**

Olive oil, grated Parmesan cheese, lemon juice, chopped garlic, dried oregano, dried basil, salt, black pepper, romaine lettuce, tomatoes, cucumber, red onion, black olives and feta cheese

**Mediterranean Chicken Salad: (Approx. calories: 10.00 AED**

**300 Per Portion)**

Skinless chicken breast, bell peppers, romaine lettuce, black olives, feta cheese, dried tomato and oregano salad dressing

**Pasta Salad with Peas: (Approx. calories: 300 Per 10.00 AED**

**Portion)**

Pasta, green onions, celery, Red bell pepper, peas, minced fresh parsley, mayonnaise, cider vinegar, dry mustard, salt and freshly ground black pepper to taste



# MENU

## LUNCH & DINNER

AVAILABLE FROM 12:00PM - 9:00PM

### Hot Food

#### Pasta (Penne, Macaroni, Spaghetti & Tagliatelle)

Choices of Bolognese, Carbonara, Arabiata and Pesto sauces.

Seafood

20.00 AED

Meat

20.00 AED

Chicken

18.00 AED

Vegetable

15.00 AED

#### Cumin Rubbed Chicken with Avocado Salsa and Whole Grain Rice: (Approx. calories: 348 per Portion)

18.00 AED

Salt, cumin, red pepper, olive oil, chicken breast, avocado, chopped tomato, diced cucumber, diced red onion, fresh cilantro, lime juice

#### Grilled Salmon with Broccoli & Mashed Potatoes: (Approx. calories: 480 per Portion)

22.00 AED

Salmon steak, oil, orange juice, lime juice, grated lime zest, pepper, clove, garlic, butter, salt

#### Grilled Skirt Steak with Roasted Potatoes: (Approx. calories: 500 per Portion)

20.00 AED

Skirt steak, ketchup, Worcestershire sauce, garlic, salt, black pepper, potatoes & extra-virgin olive oil

#### Lemony Garlic Shrimp with Pasta: (Approx. calories: 502 per Portion)

20.00 AED

Kosher salt, cold water, shrimp, pasta, unsalted butter, olive oil, minced garlic, lemon juice, red pepper flakes, freshly ground black pepper, parsley, lemon zest



# MENU

## CAKES & DESSERTS

### Desserts

Day's Special French Pastries (per piece)	9.00 AED
Ice Cream Cup (per cup)	5.00 AED
Ice Cream Cone (per cone)	8.00 AED
Choco Bar (per bar)	8.00 AED
Kulfi (per piece)	6.00 AED
Walls Stick (per cup)	8.00 AED

### Cakes

Honey Cake (per kg)	120.00 AED
Black Forest (per kg)	100.00 AED
White Forest (per kg)	100.00 AED
Red Velvet (per kg)	100.00 AED
Chocolate (per kg)	100.00 AED
Vanilla (per kg)	100.00 AED
Butter Scotch (per kg)	100.00 AED
Passion Fruit (per kg)	100.00 AED
Pistachio (per kg)	100.00 AED
Fudge Cake (per kg)	100.00 AED
Cheese Cake (per kg)	120.00 AED



# MENU

## DRINKS

Water Small (0.5 ltr)	5.00 AED
Turkish Coffee	8.00 AED
Americano	8.00 AED
Coffee Latte	10.00 AED
Cafe Mocha	10.00 AED
Espresso Single	8.00 AED
Espresso Double	12.00 AED
Hot Chocolate	12.00 AED
Tea Latte	10.00 AED
Karak Tea	10.00 AED
Black Tea	5.00 AED
Green Tea	5.00 AED





# MENU

## PLEASE NOTE:

1. Room service orders - will take 20-30 minutes for delivery
2. Food delivery to room - will be served in disposable containers
3. Food items are subject to availability
4. Orders between 9.00 pm - 6.00 am should be routed through Nursing Station
5. Cake orders should be placed one day before or at least three hours prior

Kindly contact the nursing station or Dial 050 345 2656 or 1229 to place your order.