



# Essential Menu

*Deliciously Yours, Everyday!*

Essential	Flexitarian			Pro Flexitarian/ Vegetarian		
	22 Days	26 Days	30 Days	22 Days	26 Days	30 Days
BreakFast	110	130	150	154	182	210
Tiffin Lunch	176	208	240	176	208	240
Lunch	154	182	210	198	234	270
Dinner	154	182	210	198	234	270
Early Breakfast	154	182	210	198	234	270
BreakFast + Tiffin Lunch	220	260	300	330	390	450
Breakfast + Lunch	264	312	360	330	390	450
Breakfast + Dinner	264	312	360	330	390	450
Lunch + Dinner	286	338	390	374	442	510
Tiffin Lunch + Dinner	286	338	390	352	416	480
Dinner + Early Breakfast	286	338	390	352	416	480
BreakFast + Tiffin Lunch + Dinner	352	416	480	484	572	660
Breakfast + Lunch + Dinner	352	416	480	506	598	690

**Corporate or Group with minimum 5 members**

Halawh Alkhyrat Cafe L.L.C. Kitchen 13  
MC2 Kitchen Park, Evershine Gardens,  
Arjan, Dubai, UAE.

We are just, a call away!

**056 9009 143**

DAYS	BREAKFAST	TIFFIN LUNCH	LUNCH	DINNER	EARLY BREAKFAST
MONDAY	EF BF001 · Idiyappam · Veg Stew	EF TL001 · Lemon Rice · Aloo Jeera · Gravy	EF L001 · Ghee Rice · Soya Chunks Curry · Vinegar Salad · Pickle	EF D001 · Chapati · Chicken Sukka	EF EBF001 · Idiyappam · Egg Curry
TUESDAY	EF BF002 · Porotta · Sabzi	EF TL002 · Chicken Pulao · Pickle · Raitha	EF L002/3 · Barik/Motta · Fish Curry · Side Curry · Papad · Pickle · Upperi	EF D002 · Porotta · Chicken Var-tharachath	EF EBF002 · Porotta · Sausage Roast
WEDNESDAY	EF BF003 · Uttappam · Sambar · Chutney	EF TL003 · Jeera Rice · Potato Dry Fry · Gravy	EF L004 · Egg Biryani · Vinegar Salad · Pickle	EF D003 · Porotta · Green Peas Kurma	EF EBF003 · Chapati · White Chick Peas Curry
THURSDAY	EF BF004 · Steamed Rice Cake (Puttu) · Black Chana Curry	EF TL004 · Chicken Fried Rice · Egg Slice · Chilli Vinegar	EF L002/3 · Barik/Motta · Fish Curry · Side Curry · Papad · Pickle · Upperi	EF D004 · Chapati · Sausage Roast	EF EBF004 · Wheat Porotta · Red Chicken Curry
FRIDAY	EF BF005 · Dosa · Sambar · Chutney	EF TL005 · Veg Maqluba · Fried Potato · Tomato Chutney	EF L005 · Chicken Biryani · Vinegar Salad · Pickle	EF D005 · Porotta · Chicken Chick Peas Curry	EF EBF005 · Aloo Paratha · Curd · Chilli
SATURDAY	EF BF006 · Upma · Sambar	EF TL006 · Chicken Biryani · Pickle · Raitha	EF L002/3 · Barik/Motta · Fish Curry · Side Curry · Papad · Pickle · Upperi	EF D006 · Ghee Rice · Beef Curry · Pickle	EF EBF006 · Upma · Banana · Sugar
SUNDAY	EF BF007 · Idli · Sambar · Chutney	EF TL007 · Vegetable Biryani · Pickle · Vinegar Salad	EF L006 · Chicken Mandi · Tomato Salsa · Pickle	EF D007 · Porotta · Egg Curry	EF EBF007 · Porotta · Chicken Masala Curry



# Essential

## PRO FLEXITARIAN

DAYS	BREAKFAST	TIFFIN LUNCH	LUNCH	DINNER	EARLY BREAKFAST
MONDAY	<b>EPF BF001</b> · Chapati · Veg Stew	<b>EPF TL001</b> · Lemon Rice · Aloo Jeera · Gravy	<b>EPF L001</b> · Ghee Rice · Soya Chunks Curry · Vinegar Salad · Pickle	<b>EPF D001</b> · Chapati · Chicken Sukka	<b>EPF EBF001</b> · Idiyappam · Egg Curry
TUESDAY	<b>EPF BF002</b> · Porotta · Sabzi	<b>EPF TL002</b> · Chicken Pulao · Pickle · Raitha	<b>EPF L002/3/4</b> · Barik/Motta/Chapati · Red Chicken Curry · Side Curry · Papad · Pickle · Upperi	<b>EPF D002</b> · Porotta · Soya Roast · Dal	<b>EPF EBF002</b> · Porotta · Sausage Roast
WEDNESDAY	<b>EPF BF003</b> · Chapati · Potato Bhaji	<b>EPF TL003</b> · Jeera Rice · Potato Dry Fry · Gravy	<b>EPF L005</b> · Egg Biryani · Vinegar Salad · Pickle	<b>EPF D003</b> · Wheat Porotta · Chicken Masala Curry	<b>EPF EBF003</b> · Chapati · White Chick Peas Curry
THURSDAY	<b>EPF BF004</b> · Wheat Porotta · Black Chana Curry	<b>EPF TL004</b> · Chicken Fried Rice · Egg Slice · Chilli Vinegar	<b>EPF L006/7/8</b> · Barik/Motta/Chapati · Veg Curry · Side Curry · Papad · Pickle · Upperi	<b>EPF D004</b> · Chapati · Veg Kadai	<b>EPF EBF004</b> · Wheat Porotta · Red Chicken Curry
FRIDAY	<b>EPF BF005</b> · Aloo Paratha · Curd · Pickle	<b>EPF TL005</b> · Veg Maqluba · Fried Potato · Tomato Chutney	<b>EPF L009</b> · Chicken Biryani · Vinegar Salad · Pickle	<b>EPF D005</b> · Porotta · Veg Kadai	<b>EPF EBF005</b> · Aloo Paratha · Curd · Chilli
SATURDAY	<b>EPF BF006</b> · Semiya Upma · Soya Roast	<b>EPF TL006</b> · Chicken Biryani · Pickle · Raitha	<b>EPF L002/3/4</b> · Barik/Motta/Chapati · Red Chicken Curry · Side Curry · Papad · Pickle · Upperi	<b>EPF D006</b> · Ghee Rice · Mushroom Masala · Pickle · Dal	<b>EPF EBF006</b> · Upma · Banana · Sugar
SUNDAY	<b>EPF BF007</b> · Porotta · Aloo Mutter	<b>EPF TL007</b> · Vegetable Biryani · Pickle · Vinegar Salad	<b>EPF L010</b> · Chicken Mandi · Tomato Salsa · Pickle	<b>EPF D007</b> · Chapati · Chicken Chettinad	<b>EPF EBF007</b> · Porotta · Chicken Masala Curry

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# Essential VEGETARIAN

DAYS	BREAKFAST	TIFFIN LUNCH	LUNCH	DINNER	EARLY BREAKFAST
MONDAY	<b>EV BF001</b> · Chapati · Veg Stew	<b>EV TL001</b> · Lemon Rice · Aloo Jeera · Gravy	<b>EV L001</b> · Ghee Rice · Soya Chunks Curry · Vinegar Salad · Pickle	<b>EV D001</b> · Chapati · Paneer Butter Masala	<b>EV EBF001</b> · Idiyappam · Green Peas Curry
TUESDAY	<b>EV BF002</b> · Porotta · Sabzi	<b>EV TL002</b> · Veg Pulao · Potato Masala · Pickle · Raitha	<b>EV L002/3/4</b> · Barik/Motta/Chapati · Veg Curry · Side Curry · Papad · Pickle · Upperi	<b>EV D002</b> · Porotta · Soya Roast · Dal	<b>EV EBF002</b> · Porotta · Sabzi
WEDNESDAY	<b>EV BF003</b> · Chapati · Potato Bhaji	<b>EV TL003</b> · Jeera Rice · Potato Dry Fry · Gravy	<b>EV L005</b> · Veg Biryani · Vinegar Salad · Pickle	<b>EV D003</b> · Wheat Porotta · Green Peas Kurma	<b>EV EBF003</b> · Chapati · White Chick Peas Curry
THURSDAY	<b>EV BF004</b> · Wheat Porotta · Black Chana Curry	<b>EV TL004</b> · Veg Fried Rice · Chilli Vinegar	<b>EV L002/3/4</b> · Barik/Motta/Chapati · Veg Curry · Side Curry · Papad · Pickle · Upperi	<b>EV D004</b> · Porotta · Veg Kadai	<b>EV EBF004</b> · Wheat Porotta · Veg Kadai
FRIDAY	<b>EV BF005</b> · Aloo Paratha · Curd · Pickle	<b>EV TL005</b> · Veg Maqluba · Fried Potato · Tomato Chutney	<b>EV L006</b> · Aloo Gobi Biryani · Vinegar Salad · Pickle	<b>EV D005</b> · Porotta · Gobi Fry · Dal	<b>EV EBF005</b> · Aloo Paratha · Curd · Chilli
SATURDAY	<b>EV BF006</b> · Semiya Upma · Soya Roast	<b>EV TL006</b> · Veg Biryani · Pickle · Vinegar Salad	<b>EV L002/3/4</b> · Barik/Motta/Chapati · Veg Curry · Side Curry · Papad · Pickle · Upperi	<b>EV D006</b> · Ghee Rice · Mushroom Masala · Pickle · Dal	<b>EV EBF006</b> · Upma · Banana · Sugar
SUNDAY	<b>EV BF007</b> · Porotta · Aloo Mutter	<b>EV TL007</b> · Vegetable Biryani · Pickle · Vinegar Salad	<b>EV L007</b> · Veg Maqluba · Tomato Salsa · Pickle	<b>EV D007</b> · Chapati · Bhindi Masala	<b>EV EBF007</b> · Porotta · Aloo Mutter