





COFFEE + EGG & CHICKEN BURRITO

choice of hot or iced coffee

CAPPUCCINO, LATTE, OR AMERICANO

BHD **3.2** ONLY





COFFEE + VEGGIE BURRITO

choice of hot or iced coffee

CAPPUCCINO, LATTE, OR AMERICANO

BHD **3.2** ONLY

BD
2.9

644.9 kcal

32.6g

43.4g

50.1g

shawarma bowl

tender chicken shawarma served over fluffy rice, topped with creamy garlic sauce and fresh healthy sides for a balanced, satisfying meal.

BD
2.4

393.1 kcal

18.7g

34.4g

20.1g

mexican potato bowl

crispy seasoned potatoes loaded with guacamole, sour cream, pico de gallo, melted cheese, and bold Mexican-inspired flavors.

meet your new favorites

chicken & egg burrito

grilled tortilla filled with juicy chicken, scrambled eggs, potatoes, vegetables, and melted cheese for the perfect protein-packed bite.

BD
2.8

442.4 kcal

41.6g

55.4

33.3g

BD
2.4

254.9 kcal

29.5

55.1g

18g

veggie burrito

a wholesome grilled burrito packed with fresh vegetables, potatoes, creamy sauce, and melted cheese wrapped in a warm toasted tortilla.

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www.perozeatery.com

scan menu

-breakfast club-



BD 2.4

300 kcal
10g
46g
11g

avo-labneh toast



BD 2.8

450 kcal
14g
64g
19g

peanut butter toast



BD 2.8

250 kcal
11g
39g
6g

fresh mozzarella cheese toast



BD 1.7

251 kcal
17g
11g
15g

scrambled eggs w / toast



BD 1.7

206 kcal
16g
10g
11g

spanish omelette



BD 1.9

270 kcal
22g
24g
9g

turkey bacon egg white sandwich

-soups-



BD 2.2

115 kcal
2g
23g
3g

butternut squash soup

a warm and creamy squash soup with bold flavours served with pumpkin seeds



BD 2.5

250 kcal
17g
11g
15g

thai chicken noodle soup

take the cozy traditional chicken noodle soup and give it a twist of thai flavours with coconut milk



BD 2.5

190 kcal
19g
10g
9g

spinach & chicken soup

a hearty and filling soup with spinach, herby greens, cannellini beans, and chicken, served with croutons on the side

-keto burgers-



BD 3.2

615 kcal
35g
3g
51g

salmon aioli
salmon patty topped with creamy garlic aioli and fresh arugula leaves.



BD 2.9

643 kcal
45g
3g
52g

classic cheese burger
cheeseburger topped with sauteed onions, crispy lettuce and our signature mac sauce.



BD 2.7

526 kcal
46g
3g
36g

flame-grilled chicken mac
juicy flame-grilled chicken, crisp lettuce, and our signature mac sauce.

-keto panini & fries-



BD 3.9

817 kcal
54g
5g
66.5g

spicy tuna cado
classic spin on the viral sandwich on keto bread



BD 3.8

826 kcal
64g
5g
59g

pesto chicken
our in-house pesto sauce on keto bread with grilled chicken, mozzarella, caramelized onion, and mushrooms



BD 3.7

889 kcal
55g
5g
70g

cheesesteak
roast beef, caper mayo, melted light cheddar, and rocket leaves on keto bread



BD 3.5

734 kcal
48g
4g
65g

halloumi
grilled halloumi with rocket leaves topped with sauteed onions



BD 3.3

841 kcal
47g
5g
68.5g

breakfast
fried egg, fresh spinach, cherry tomatoes, mixed cheeses, jalapeño, & spicy mayo



BD 2.0

396 kcal
14g
3g
35g

french fries
keto french fries

-keto bowls-



BD 4.8

444 kcal
28.6g
7.2g
32g

beef bulgogi
grilled beef with sweet savory glaze with cauliflower rice



BD 2.5

614 kcal
51g
11g
40g

butter chicken
creamy spiced tomato-based chicken curry with cauliflower rice



BD 3.5

286 kcal
32.3g
8g
14g

chicken fried rice
stir-fry with chicken, cauliflower rice, and fresh veggies

-keto salads-



fattoush salad
fattoush that made with green fresh ingredients and chicken on top. Served with sauce.

BD 3.2
521 kcal
39.6g
6g
33.6.5g



tacos salad
keto colorful salad with fresh ingredient and crunchy delicious tacos on top.

BD 3.6
519 kcal
24g
6g
43g



kale white fish
white fish on with fresh kale, red cabbage and keto bread drizzled with lemon olive oil dressing.

BD 3.0
492 kcal
22g
4g
37.3g

-keto snack & dessert-



eat your veggies w/ guacamole

BD 1.5
78 kcal
2g
3g
7g



chocolate fudge cake
decadent, rich, and chocolatey cake topped with melted dark chocolate

BD 2.7
485 kcal
18g
5g
35g



strawberry cake
strawberry & vanilla cake with cream cheese frosting

BD 2.3
419 kcal
15g
4g
37g



edamame
sauteed with garlic, salt, and pepper

BD 1.5
142 kcal



mini pancake

BD 2.2
285 kcal
15.5g
4g
29g



protein peanut butter

BD 1.7
212 kcal
15g
4g
16g

-sandwiches-



BD 2.8

455 kcal
23g
22g
30g

halloumi sandwich
grilled halloumi with rocket leaves topped with caramelised onions



BD 2.8

380 kcal
25g
26g
20g

spicy tuna cado
classic spin on the viral sandwich



BD 2.9

326 kcal
19g
23g
18g

caprese sandwich
fresh mozzarella, tomato, and rocket leaves layered in toasted bread with creamy pesto sauce and balsamic glaze



BD 2.8

574 kcal
32g
32g
32g

cheesesteak
roast beef, caper mayo, cheddar cheese, relish and rocket leaves



BD 2.2

371 kcal
17g
43g
12g

avocado tuna sandwich



BD 2.7

599 kcal
61.2g
34.4g
23.6g

pesto chicken panini
our inhouse pesto sauce on brown ciabatta bread with grilled chicken, mozzarella, caramelized onion, and mushrooms



BD 3.2

428 kcal
34.1g
27.5g
25.2g

carne asada tacos
soft flour tortilla with tenderloin steak topped with onion and cilantro served with our signature taco sauce



BD 3.3

350 kcal
21g
34g
15g

shrimp tacos
soft flour tortilla with shrimp slaw served with our signature taco sauce



BD 2.9

432 kcal
33.5g
29g
24.4g

chicken tacos
chicken tacos topped with red cabbage, tomatoes, cilantro, and red onion, with our signature taco sauce



BD 2.6

440 kcal
28g
42g
18g

chicken quesadilla
chicken with peppers and mixed cheeses with a side of guacamole or sour cream



BD 2.5

288 kcal
15g
25g
15g

cheesy mushroom quesadillas
sauteed mushrooms and mixed cheeses in a crispy tortilla served with guacamole or sour cream

-salads-



BD 3.2
430 kcal
37g
19g
26g

cobb salad
chopped Lettuce with grilled chicken, boiled egg, beef bacon, avocado, red onion, cucumber, cherry tomatoes served with our green godness dressing



BD 3.5
539 kcal
28g
26.5g
34.6g

taco salad
chopped lettuce with southwest ground beef, black beans, sweet corn, red onions topped with fresh guacamole, jalapeños, and tortilla chips served with our taco dressing



BD 2.1
232 kcal
4.3g
5.2g
21g

greek salad
crispy lettuce with mix of olives, feta, tomatoes, cucumber, peppers, and onion tossed in a vinaigrette dressing



BD 3.0
354 kcal
27g
20g
18g

avocado-chicken salad
crispy lettuce with fajita chicken, mozzarella tomatoes, kidney beans, and corn with our creamy avocado dressing



BD 2.5
269 kcal
27g
10g
12g

chicken kale salad
fresh kale topped with grilled chicken, feta cheese, pomegranate, walnuts, and dates, served with a zesty house dressing



BD 2.0
230 kcal
8g
21g
14g

falafel kale salad
a kale salad with shredded carrots and shredded red cabbage topped with pieces of falafel, almonds and sultanas, mixed with an ACV and olive oil dressing



BD 3.1
215.5 kcal
15.2g
35.5g
4.9g

crispy rice salad
crispy rice tossed with fresh greens, crunchy veggies, and herbs with a creamy peanut-sesame dressing

-super bowls-



BD 2.9
388 kcal
43g
30g
10g

quinoa butternut squash with chicken
cilantro lime quinoa with chicken and a medley of beans, potato, zucchini, butternut squash and carrots



BD 3.5
630 kcal
47g
58g
22g

cypriot chicken bowl
grain salad with honey and greek yoghurt dressing topped with pomegranate



BD 3.5
410 kcal
23g
40g
19g

halloumi quinoa salad
a halloumi and quinoa salad with red bell peppers, spinach, black beans, and corn served with a creamy herb dressing

-grills-



creamy salmon
creamy salmon served with cauliflower mash

BD 4.5
700 kcal
54g
26g
43g



salmon kale bowl
grilled salmon served on kale with cucumber, red cabbage, cherry tomatoes, and parmesan cheese served with our caesar dressing

BD 4.2
269 kcal
27g
12g
10g



fajita chicken griller
fajita chicken with mashed potatoes grilled vegetables, and greek salad

BD 2.9
300 kcal
26g
26g
12g



mixed griller
fajita chicken and beef tenderloin strips with grilled veggies

BD 4.0
350 kcal
52g
4g
14g



tenderloin steak griller
beef tenderloin with mash potatoes, grilled veggies and mixed greens on the side

BD 3.8
390 kcal
38g
22g
15g



tenderloin broccoli griller
beef tenderloin with broccoli

BD 3.8
270 kcal
38g
7g
10g



salmon griller
salmon with mashed potatoes, grilled vegetables

BD 4.5
340 kcal
32g
26g
12g

-rice bowls-



tandoori chicken bowl
tandoori chicken with tomatoes and jalapenos served with cilantro lime rice paired with our mint chutney sauce

BD 2.5
370 kcal
26g
57g
3.5g



mexican chicken bowl
fajita chicken with corn and tomatoes served with cilantro lime rice paired with our avocado yoghurt sauce

BD 2.5
381 kcal
22g
53g
9g



continental chicken bowl
fajita chicken with continental rice topped with broccoli and peppers

BD 2.4
380 kcal
26g
58g
3.5g



beef stroganoff bowl
beef tenderloin with cilantro lime rice topped with sauteed mushrooms paired with our creamy mushroom sauce

BD 2.9
384 kcal
23g
41g
14g



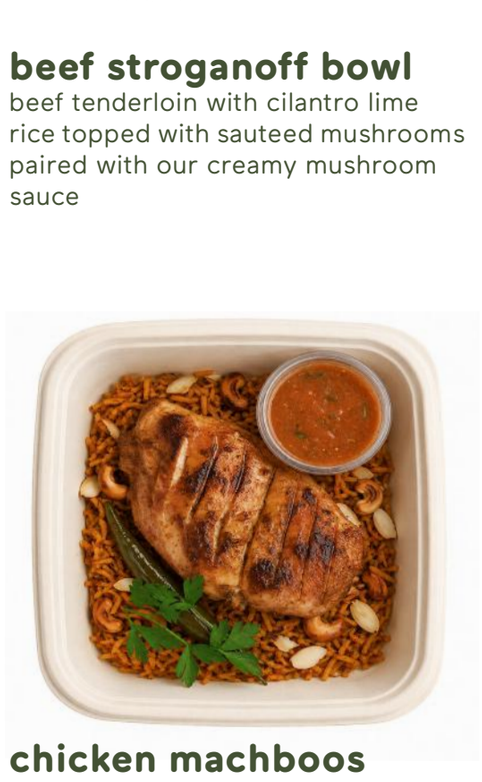
beef broccoli bowl
beef tenderloin with broccoli served on continental rice

BD 3.1
383 kcal
23g
51g
9g



shrimp bowl
grilled shrimp with peppers and broccoli served on continental rice

BD 2.9
370 kcal
46g
24g
10g



chicken machboos
traditional chicken machboos made lighter, with tender spiced chicken and fragrant rice.

BD 3.1
559.7 kcal
36.7g
89.7g
6g

-pastas-



shrimps pasta

spaghetti tossed in a rich and silky cream cheese sauce with shrimp

BD **3.2**

500 kcal · 39g · 47g · 28g



spaghetti bolognese

classic spaghetti served with lean minced beef in a rich tomato sauce

BD **3.1**

630 kcal · 47g · 47g · 29g



mac n cheese

creamy mac & cheese pasta tossed with tender, marinated chicken breast

BD **3.1**

800 kcal · 57g · 51g · 41g

-combos-



breakfast combo pro

your choice of 1 breakfast & 1 pro coffee

BD **3.6**



build your own box

your choice of 1 meal, 1 snack and 1 shot

BD **4.3**



keto combo

your choice of 1 keto bowl &
1 side item or 1 dessert

BD **5.6**

-snacks-



protein peanut butter chip

BD 1.5
230 kcal
15g
17g
13g



protein blueberry cheesecake oat
delcious, healthy and high protein blueberry cheese cake oat

BD 2.4
378 kcal
18g
50g
12g



oreo protein bar

BD 1.5
200 kcal
13g
14g
12g



pancake
topped with banana, grated chocolate and shavings of digestive biscuits served with maple syrup

BD 1.8
214 kcal
6g
24g
8g



vegan cookie
vegan chocolate chip cookies

BD 0.9
189 kcal



eat your veggies
carrots, cucumbers, peppers and celery, served with garlic herb dip

BD 1.0
167 kcal



chocolate rice cake

BD 1.1
153 kcal
3g
15g
9g



granola
greek yoghurt with strawberries, raspberries, blueberries, and banana topped with granola

BD 2.0
185 kcal
6g
33g
2g



mixed fruit salad
combination of mixed fruits prepared fresh daily

BD 1.1
114 kcal



energy balls
healthy nutty dates with oat balls

BD 1.1
230 kcal
6g
37g
7g

-drinks-



hot BD 1.4
iced BD 1.6

americano



hot BD 1.7
iced BD 1.9

cappuccino



hot BD 1.7
iced BD 1.9

latte



BD 1.6

cold brew



hot BD 2.2
iced BD 2.0

matcha latte



BD 1.9

211 kcal
11g
22g
7g

hot chocolate
made with low fat milk & marshmallow fluff!



BD 2.8

30g

pro coffee
coffee with protein



BD 3.6

30g

strawberry cheese-shake
protein shakes



BD 3.3

PB shake
protein shakes



BD 3.5

32g

pro gainz shake
protein shakes



BD 1.0

hipster fuel
60/40 cold brew shot



BD 1.2

immunity shot
orange, lemon, turmeric, ginger and black pepper



BD 1.2

wellness shot
orange, lemon, ginger and cayenne pepper



BD 1.6

green aid
green apple, cucumber, celery, spinach, ginger & parsley. Also, helps with glowing skin, hydration, and digestion



BD 1.6

peel good
fresh orange Juice, carrots & ginger, rich with vitamin C and anti-inflammatory. Also boosts collagen

BD 1.6

heart beet
fresh orange Juice, carrots, red apple, beetroot & spinach. Also, increases detoxification, immunity and enhances energy

BD 2.0

fresh orange juice
freshly squeezed orange juice

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REGULAR MEAL PLANS

	w/Delivery	pick-up
-1 week (5 days - 2 meals + 1 snack)	BHD 39	BHD 37
-2 weeks (5 days - 2 meals + 1 snack)	BHD 75	BHD 70
-3 weeks (5 days - 2 meals + 1 snack)	BHD 105	BHD 98
-4 weeks (5 days – 1 meal + 1 snack)	BHD 85	BHD 75
-4 weeks (5 days – 1 meal)	BHD 75	BHD 65
-4 weeks (5 days - 2 meals + 1 snack)	BHD 120	BHD 110
-4 weeks (5 days - 3 meals + 1 snack)	BHD 155	BHD 145
-4 weeks (5 days - 3 meals + 2 snack)	BHD 169	BHD 159
-4 weeks (6 days - 1 meal + 1 snack)	BHD 105	
-4 weeks (6 days - 2 meals + 1 snack)	BHD 145	BHD 133
-4 weeks (6 days - 3 meals + 1 snack)	BHD 185	BHD 173
-4 weeks (6 days - 3 meals + 2 snack)	BHD 199	BHD 187

KETO MEAL PLANS

	w/Delivery	pick-up
-1 week (5 days - 2 meals + 1 snack)	BHD 55	BHD 52
-1 week (6 days - 2 meals + 1 snack)	BHD 60	BHD 57
-4 weeks (5 days - 2 meals + 1 snack)	BHD 199	BHD 189
-4 weeks (6 days - 2 meals + 1 snack)	BHD 220	BHD 209

free delivery + vat inclusive + free nutritionist consultation

for free nutritionist consultation plz contact us on:

+973 33622411 - info@perozeatery.com

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الاشتراكات الشهرية

	شامل التوصيل	الاستلام من المطعم
اسبوع 1 (5 أيام - 2 وجبة + سناك)	39 دينار	37 دينار
اسبوعين (5 أيام - 2 وجبة + سناك)	75 دينار	70 دينار
3 اسابيع (5 أيام - 2 وجبة + سناك)	105 دينار	98 دينار
4 أسابيع (5 أيام - وجبة + سناك)	85 دينار	75 دينار
4 أسابيع (5 أيام - وجبة)	75 دينار	65 دينار
4 أسابيع (5 أيام - 2 وجبة + سناك)	120 دينار	110 دينار
4 أسابيع (5 أيام - 3 وجبات + سناك)	155 دينار	145 دينار
4 أسابيع (5 أيام - 3 وجبات + 2 سناك)	169 دينار	159 دينار
4 أسابيع (6 أيام - 2 وجبة + سناك)	145 دينار	133 دينار
4 أسابيع (6 أيام - 3 وجبات + سناك)	185 دينار	173 دينار
4 أسابيع (6 أيام - 3 وجبات + 2 سناك)	199 دينار	187 دينار

الاشتراكات الشهرية للكيتو

	شامل التوصيل	الاستلام من المطعم
اسبوع 1 (5 أيام - 2 وجبة + سناك)	55 دينار	52 دينار
اسبوع 1 (6 أيام - 2 وجبة + سناك)	60 دينار	57 دينار
4 أسابيع (5 أيام - 2 وجبة + سناك)	199 دينار	189 دينار
4 أسابيع (6 أيام - 2 وجبة + سناك)	220 دينار	209 دينار

شامل الضريبة + التوصيل + استشارة مجانية مع أخصائية التغذية.

للاستشارات مع أخصائية التغذية يرجى التواصل على

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FOOD ALLERGEN INFORMATION

Your Health & Safety Is Our Priority

Some of our menu items may contain one or more of the following allergens or may meet them during preparation.

Allergen

🌾 Gluten (Wheat, Barley, Rye & Oats)
🥛 Milk & Dairy Products
🥚 Eggs
🌱 Soybeans
🐟 Fish
🦐 Crustaceans (Shrimp, Prawns, Crab)
🌰 Tree Nuts (Almonds, Cashews, Walnuts, Pistachios, etc.)
🥜 Peanuts
⚪ Sesame Seeds
🌭 Mustard
🌿 Celery

⚠️ IMPORTANT NOTICE

If you have any food allergies, food intolerance, or special dietary requirements, please inform a member of our staff before placing your order.

Our team will gladly assist you in selecting a suitable meal.

Although we take every reasonable precaution to avoid cross-contact, all food is prepared in a shared kitchen. Therefore, we cannot guarantee that any menu item is completely free from allergens.

Thank you for choosing Peroz Healthy Eatery.