



ideal diet
الغذاء المثالي

HEALTHY FOOD EXPERTS

MENU



 44 88 77 45

 55 33 86 95

Speak to our dietitian: 50 13 53 92



HEALTHY FOOD & IDEAL WEIGHT

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TO ORDER



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BREAKFAST

Pancake

Whole-grain fluffy sugar free pancakes sweetened with your choice of honey or dark chocolate. 200 calories.

20 QAR

Crepes

Sugar free crepes sweetened with your choice of honey or dark chocolate. 180 calories.

20 QAR

Egg white omelette with mushrooms

Egg white omelette served with sauteed mushrooms and grilled tomatoes. (100 kcal)

22 QAR

Shakshuka

Traditional qatari eggs poached in a spiced tomato sauce served with grilled tomatoes and grilled potato hash brown. (210 calories).

22 QAR

Veggie omelette

Egg omelette with bell peppers, and mushrooms served with grilled tomato and grilled hash browns. (220 calories).

22 QAR

Poached eggs and turkey

Poached eggs and smoked turkey served with sauteed mushrooms and potatoes with a side of grilled tomatoes and brown bread. 330 calories.

25 QAR

Sunny side up eggs

Sunny side up eggs served with sauteed mushrooms and grilled tomatoes. 240 calories.

22 QAR

Poached eggs and avocado

Poached eggs served with grilled tomatoes, mushrooms and avocado on toast. 330 calories.

26 QAR

Boiled eggs

Perfectly boiled eggs served with grilled tomatoes and grilled potato hash browns. (278 calories)

20 QAR





Cheese fatayer

Pastries stuffed with cheese. 141 calories.

18 QAR

Mini zaatar manouche

Three mini thyme cheese pies. 330 calories.

18 QAR

American breakfast

A classic omelette with a side of veggies, fruit salad and a bread basket. 387 calories.

45 QAR

Arabic breakfast

A series of mini dishes of hummus, labneh, veggies, omelette and a bread basket. 414 calories.

45 QAR

Fruit salad

Grapes, kiwi, green and red apple and fresh orange juice. 100 calories.

18 QAR

Labneh

A dish of labneh and olives. 118 calories.

15 QAR

Fool mudammas

Egyptian bean stew flavored with lemon and served with tomatoes, parsley. 90 calories.

18 QAR

Grilled halloumi

Melted grilled halloumi. 170 calories.

18 QAR

Scrambled eggs

Scrambled eggs served with sauteed mushrooms and grilled tomatoes. 214 calories.

22 QAR



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APPETIZERS

COLD

Cold mezze

A series of mini dishes of hummus, baba ghanouj and fattouh or tabbouleh. 278 calories.

30 QAR

Hummus

Chickpeas, tahini, lemon and salt puree topped with olive oil. 120 calories.

20 QAR

Moutabal

Eggplant with yogurt, tahini, lemon, and salt puree topped with olive oil. 60 calories.

18 QAR

Babba ganoush

Mashed eggplant, bell pepper, tomatoes, lemon, salt, coriander, and mint leaves puree topped with olive oil. 80 calories.

18 QAR

HOT

Chicken and cheese pastry triangles

Chicken and cheese triangles 360 calories.

18 QAR

Spinach fatayer

Pastries with a leafy green vegetable. 280 calories.

18 QAR

Mini veggie pizza

Three mini pizzas with mushroom, pepper, olives, and cheese sprinkled with oregano. 281 calories.

18 QAR



**GOOD FOOD IS THE FOUNDATION
OF GENUINE HAPPINESS.**



SALADS

Tabouleh

Finely chopped parsley and tomatoes topped with burghul in a zesty lemon dressing. (130 kcal)

20 QAR

Fattoush

Chopped lettuce, cucumbers, cherry tomatoes, parsley, mint leaves, and onion topped with toasted arabic brown bread in a lemon and pomegranate dressing. 130 calories.

18 QAR

Caesar salad

Lettuce, toasted brown toast bread and parmesan cheese with ideal diet special dressing 140 calories.

20 QAR

Chicken caesar salad

Chopped lettuce, toasted brown bread topped with grilled chicken, parmesan cheese and a classic low-fat caesar salad dressing 200 calories.

25 QAR

Green salad

Chopped lettuce, cherry tomatoes, cucumbers and carrots in a balsamic vinegar dressing 110 calories.

18 QAR

Green salad with cheese

Chopped lettuce, cherry tomatoes, cucumbers, carrots topped with cheese topped in a balsamic vinegar dressing. 90 calories.

20 QAR

Pasta salad

Chopped lettuce, cherry tomatoes, cucumbers, red bell peppers, corn, black olives and penne pasta tossed in a lemon mustard dressing. 160 calories.

20 QAR

Beetroot & feta salad

Lettuce, baby spinach, beetroot, parsley and feta cheese with vinaigrette dressing. 210 calories.

30 QAR

Quinoa salad

Chopped cucumbers, tomatoes, red bell peppers, broccoli on a bed of quinoa topped with a lemon dressing. 140 calories.

30 QAR

Swiss salad

Lettuce, rocca, cherry tomato, cucumber, pomegranate, cheddar cheese and walnut 120 calories.

22 QAR

Quinoa Lime Salad

Black beans, corn, red bell pepper, coriander and quinoa with lemon dressing. 180 calories.

30 QAR

Moroccan salad

Bell pepper, cucumber, tomato, parsley, black olives and feta cheese dressed with lemon juice. 170 calories

20 QAR

Cucumber Yogurt Salad

Chopped cucumbers in a minty cream yogurt. 50 calories.

18 QAR

Swiss Salad

Lettuce, rocca, cherry tomato, cucumber, pomegranate, cheddar cheese and walnut 120 calories.

22 QAR

Greek Salad

Lettuce, cherry tomato, cucumber, mixed bell pepper, black olives and feta cheese with lemon oregano dressing. 170 calories.

25 QAR

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MAIN COURSE

Roasted chicken tikka

Marinated roasted chicken in a creamy tomato sauce served with a side of rice. 250 calories.

30 QAR

Chicken biryani

Marinated chicken cubes with a side of spiced rice and cucumber yogurt salad. 295 calories.

30 QAR

Meat Biryani

A qatari traditionally spiced marinated beef and rice served with yogurt and vegetables. 450 calories.

35 QAR

Koushari

A traditional egyptian dish made from rice, lentils, chickpeas and pasta and served with a flavored tomato sauce. 310 calories.

30 QAR

Samke harra

Marinated spicy fish cooked in fresh tomato sauce and vegetables. 240 calories

35 QAR

Grilled fish with grilled salad

Marinated grilled fish fillet with a side of roasted zucchini and carrots.

33 QAR

Grilled chicken and veggies

Marinated grilled chicken served with a side of grilled oregano flavored potatoes, zucchini and carrots. 260 calories.

30 QAR

Grilled Shrimp Rice

Grilled shrimps cooked with flavored rice and vegetables. 290 calories.

39 QAR

Grilled chicken on rice

Marinated grilled chicken breast with bell peppers, carrots and flavored steamed rice.

30 QAR

Chinese style beef

Marinated beef and vegetables flavored with classical chinese sauce. 260 calories.

35 QAR

Chinese style chicken

Marinated chicken and vegetables flavored with classical chinese sauce. 210 calories.

30 QAR

Hearty beef stroganoff

Beef fillet cooked in a creamy mushroom sauce served with a side of steamed rice. 340 calories.

35 QAR

Roasted cauliflower tikka

Marinated Cauliflower with aromatic spices then roasted in the oven and served with a tomato based creamy sauce! Served with Basmati Rice. 200 Kcal.

22 QAR

Roasted Shrimp Tikka

Authentic dish made of shrimp marinated with yogurt and special spices! Served with Basmati Rice. 211 Kcal.

35 QAR

Chicken Sandwich With Caramelized Onion

Delicious French baguette sandwich stuffed with caramelized onions, fresh lettuce, chicken and cheese. 708 Calories.

26 QAR

Egg n' Cheese Sandwich

There's nothing like this Egg, Cheese, and Veggie Baguette for a mouthwatering, finger-lickin' breakfast or lunch! Tasty baguette bread is toasted to crispy perfection and coated with cheddar cheese. 627 calories.

18 QAR

Chicken Chow Mein Noodles 35 QAR

Chinese stir-fried noodles with vegetables and chicken, This really is one of the famous take-out dishes ever. 608 calories.

Shrimp Chow Mein Noodles 39 QAR

Chinese stir-fried noodles with vegetables and Shrimp, This really is one of the famous take-out dishes ever. 548 Kcal.

Vegetable Chow Mein Noodles 30 QAR

Chinese stir-fried noodles with vegetables, This really is one of the famous take-out dishes ever. 548 calories.

Shrimp Curry 38 QAR

A flavor-filled shrimp with an aromatic curry sauce cooks in no time from scratch! this sauce will have you licking your plates clean! Served with Basmati Rice. 154 calories.

Shrimp Briyani 45 QAR

Dainty and delightful, a dish that will make you ask for more and more. It is super simple and easy aromatic rice with shrimp that your entire family will thoroughly enjoy. Served with cucumber yogurt raita salad. 213 calories.

Chicken Stir Fry With Vegetables 35 QAR

Chicken and vegetable stir-fry is an excellent dish, rich in vitamins and minerals with a balanced proportion of protein, carbohydrates, and fibers, served with steamed red rice. 471 calories.

Shrimp Stir With Vegetables 40 QAR

Shrimp and vegetable stir-fry is an excellent dish, rich in vitamins and minerals with a balanced proportion of protein, carbohydrates, and fibers, served with steamed red rice. 412 calories.

Vegetable Stir Fry 28 QAR

Vegetable stir-fry is an excellent dish, rich in vitamins and minerals with a balanced proportion, carbohydrates, and fibers, served with steamed red rice. 412 calories.

Chicken curry with aromatic rice 30 QAR

Grilled chicken simmered in curry spices served with a side of steamed rice. 280 calories.

Cauliflower tikka 25 QAR

A vegetarian dish of roasted cauliflower seasoned with tumeric, coriander & cooked in tomato paste.

Chicken mushroom 30 QAR

Grilled chicken breast served with a rich creamy mushroom sauce. 240 calories.

Dijon mustard chicken 30 QAR

Grilled chicken breast cooked in a dijon mustard sauce and served with rice. 260 calories.

Tangy fish on a bed of rice 35 QAR

Fish fillet marinated in special spices and cooked in lemon sauce served with rice. 250 calories.

Zesty fish and shrimps 39 QAR

Fish and shrimp spiced and cooked in a zesty lemon sauce served with a side of red rice. 248 calories.

Indian Dal Masala 26 QAR

Lentils cooked with spinach and vegetables flavored with garlic and spices. 230 calories.

Lemony Chicken & Potatoes 30 QAR

Grilled chicken breast and potatoes in a lemon coriander sauce and served with a side of steamed rice. 230 calories.

Traditional Beef Lasagna 32 QAR

Oven baked lasagna stuffed with minced meat, carrots and bell peppers in a rich marinara and bechamel sauce. 260 calories.



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PASTA

Chicken penne

Penne pasta mixed with chicken, cheese in a herb alfredo sauce.
420 calories.

30 QAR

Shrimp penne

Penne pasta topped with shrimp, cheese with your choice of red or white sauce. 275 calories.

39 QAR

Veggie penne pasta

Penne pasta with mushroom, cheese and vegetables with a choice of red or white sauce. 241 calories.

28 QAR

Pasta carbonara

Flavored pasta topped with turkey and ideal diet's special low-fat creamy sauce. 350 calories.

30 QAR

Penne arabiata

Penne pasta in a flavored paprika infused tomato sauce topped with melted mozzarella. 240 calories.

28 QAR

Spaghetti

Spaghetti pasta in minced meat bolognese topped with melted cheese and oregano. 400 calories.

33 QAR

ADD-ONS

Chicken / Shrimps / Cheese / Vegetables

6 QAR



SAJ

Zaatar saj

Sour thyme with sesame seeds on three mini saj. 120 calories.

12 QAR

Cheese saj

Creamy akawi cheese on three mini saj. (140 kcal)

15 QAR

Muhammara saj

Hot pepper spread with sesame seeds on three mini saj. (112 kcal)

13 QAR

Cheese and mohammara saj

Muhammara and cheese on three mini saj.

16 QAR

Chicken and cheese saj

Grilled chicken and cheese on three mini saj. 160 calories.

22 QAR

Turkey and cheese saj

Smoked turkey and cheese on three mini saj. 140 calories.

18 QAR

Cream and honey saj

Cream and honey on three mini saj. 156 calories.

15 QAR

Dark choco saj

Dark chocolate nibs on three mini saj. 150 calories.

18 QAR

Cheese and thyme saj

Cheese and thyme on three mini saj. 190 calories.

16 QAR



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BURGERS & WRAPS

Fajita beef wrap 28 QAR

Grilled beef with capsicum, mushroom, tomato and onion wrapped in a wholegrain saj wrap and served with potato wedges. 300 calories.

Fajita chicken wrap 26 QAR

Grilled chicken with capsicum, mushroom, tomato and onion wrapped in a wholegrain saj wrap and served with potato wedges. 260 calories.

Chicken shawarma wrap 20 QAR

Grilled chicken with lettuce, tomato and garlic sauce wrapped in ideal diet special saj 180 calories.

Meat shawarma wrap 23 QAR

Grilled meat with lettuce, tomato and garlic sauce wrapped in ideal diet special saj bread. 220 calories.

Vegetable burger 20 QAR

Ideal diets special vegetable burger. 160 calories.

Falafel burger 20 QAR

Ideal diets special grilled falafel burger. 295 calories.

Soy burger 23 QAR

Soy bean patty layered on our homemade burger bun served with baked potato wedges. 300 calories.

Beef burger 26 QAR

Classic beef burger. (240 kcal)

Chicken burger 24 QAR

Grilled chicken patty with a slice of lettuce, tomato and mustard. 190 calories.

Kofta beef wrap 25 QAR

Tender beef kofta, tomato, lettuce, wrapped in a whole grain saj bread. (200 kcal)

Kofta chicken wrap 22 QAR

Chicken kofta, lettuce, tomato, garlic sauce wrapped in an Ideal diet whole grain saj bread. 160 calories.

Baked falafel wrap 20 QAR

Baked seasoned falafel with tahini sauce topped with parsley, cucumber and tomato in a whole-grain saj wrap. 200 calories.

Fish wrap 30 QAR

Grilled fish topped with lettuce in a whole-grain saj wrap with a side of potatoes. 190 calories.

Msakhan 22 QAR

Saj bread with chicken breast, onions and sumac. 240 calories.



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DESSERT

Eclair

2 pieces, traditional low-fat and low-sugar eclair with custard filling.
100 calories

20 QAR

Cheesecake

Guiltless layers of biscuit and light cream cheese topped with
strawberry jam. (171 kcal)

15 QAR

Um Ali

210 cal. Puff pastry cooked in milk and topped with coconut and raisins.

15 QAR

Rice with Milk

Rice and milk pudding flavored with rose water. (110 kcal)

15 QAR

Basboosa

180 cal. For each piece, three coconut infused traditional semolina cakes.

20 QAR

Kunafa

Traditional arabic sweet made of kunafa dough stuffed with a light creme.
(140 kcal)

20 QAR

Tiramisu

Italian dessert made of low-fat spongy layers filled with low fat
cream and topped with cocoa powder. (200 kcal)

15 QAR

English Cake

Spongy vanilla cake with raisins. (210 cal. For each piece)

15 QAR

Orange Cake

Low fat orange cake. (220 kcal)

12 QAR

Muhallabiya

A traditional mediterranean milky sweet pudding. (120 kcal)

12 QAR

Muffin

Date / Banana / Chocolate / Vanilla. (190-230 kcal)

12 QAR

Brownies

Three lightly sweetened brownies with walnuts. (80 kcal)

20 QAR

Oatmeal Cookies

Oatmeal cookies with walnuts, served with fresh milk 190 calories.

15 QAR

BURGERS & WRAPS
DESSERT

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☎ **4488 7745**

WHERE HEALTH &
TASTE COME
HAND IN HAND



COLD PRESSED JUICE

Vitamin load

18 QAR

Our energizing cold-pressed beetroot, orange, apple and carrot shake. 230 calories. small (250ml)

Miracle juice

18 QAR

A refreshing blend of coldpressed beetroot, apple, carrots and ginger. 186 calories.small (250ml)

Mint lemonade

18 QAR

Classic lemon mint juice. 106 calories. small (250ml)

Go green

18 QAR

With coldpressed cucumber, celery, orange and ginger. 189 calories. small (250ml)

Carrot and orange juice

18 QAR

Cold-pressed carrot and orange juice. 68 calories. small (250ml)

Orange juice

18 QAR

Freshly squeezed orange juice. 93 calories. small (250ml)

Banana smoothie

18 QAR

A creamy banana and yogurt naturally sweetened with honey. 109 cal. small (250ml)

Cocktail Juice

18 QAR

169 cal, carrot, apple and orange blend. small (250ml)

FRESH JUICE

18 QAR

Pomegranate (135/270 Kcal)

Apple (115/230 Kcal)

Mango (128/256 Kcal)

Avocado (254/508kcal)

Carrot (98/295 Kcal)

Banana (136 Kcal)

Pineapple (133/266 Kcal)

Kiwi (122 Kcal)

Beetroot (70/140 Kcal)

Celery (42/84 Kcal)



BEVERAGES

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HOT

Espresso	13 QAR (2 kcal)
Flat White	15 QAR (110 kcal)
Caramel macchiato	16 QAR (112.5 kcal)
Cafe Latte	15 QAR (80 kcal)
Cappuccino	15 QAR (64 kcal)
Americano	12 QAR (0 kcal)
Café mocha	16 QAR (113.5 kcal)
Turkish Coffee	14 QAR (0 kcal)
Hot Cocoa	15 QAR
Low-sugar karak	10 QAR (90 kcal)
Tea Box Selection	15 QAR

COLD

Iced Cafe Latte	16 QAR (80 kcal)
Iced Mocha	16 QAR (113.5 kcal)
Iced Caramel Macchiato	16 QAR (112.5 kcal)
Iced Cappuccino	16 QAR (64 kcal)
Iced Americano	16 QAR
Homemade iced tea	15 QAR
Iced Chocolate Milk	12 QAR



JUICE &
BEVERAGES

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IDEAL DIET CATERING



BREAKFAST

Breakfast Package For 5 Person

300 QAR

Enough for 5 persons, you can choose 2 different options from each category, breakfast, desserts, hot drinks, and cold drinks. Delivery within 2 hours.

Breakfast Package For 10 Person

600 QAR

Enough for 10 people, you can choose 3 different options from each category, breakfast, desserts, hot drinks, and cold drinks. Delivery within 24 hours.

Breakfast Package For 15 Person

900 QAR

Enough for 15 people, you can choose 4 different options from each category, breakfast, desserts, hot drinks, and cold drinks. Delivery within 24 hours.

Breakfast Package For 20 Person

1200 QAR

Enough for 20 people, you can choose 5 different options from each category, breakfast, desserts, hot drinks, and cold drinks. Delivery within 24 hours.



ORIENTAL MENU

Oriental Package For 5 Person **500 QAR**

Suitable for 5 person, you can choose 2 different options from each category, soups, salads, appetizers, main course, desserts and cold drinks. Delivery within 2 hours.

Oriental Package For 10 Person **1000 QAR**

Enough for 10 person, you can choose 3 different options from each category, soups, salads, appetizers, main course, desserts and cold drinks. delivery within 24 hours

Oriental Package For 15 Person **1500 QAR**

Enough for 15 persons, you can choose 4 different options from each category, soups, salads, appetizers, main course, desserts, cold drinks. Delivery within 24 hours

Oriental Package For 20 Person **2000 QAR**

Enough for 20 people, you can choose 5 different options from each category, soups, salads, appetizers, main course, desserts, cold drinks. Delivery within 24 hours

INTERNATIONAL MENU

International Package For 5 Person **600 QAR**

2 soups, 2 salads, 2 appetizers, 2 main course, 2 desserts and 2 cold drinks. Delivery within 2 hours.

International Package For 10 Person **1200 QAR**

3 soups, 3 salads, 3 appetizers, 3 main course, 3 desserts and 3 cold drinks.

International Package For 15 Person **1800 QAR**

4 soups, 4 salads, 4 appetizers, 4 main course, 4 desserts and 4 cold drinks.

International Package For 20 Person **2000 QAR**

5 soups, 5 salads, 5 appetizers, 5 main course, 5 desserts and 5 cold drinks.





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CANAPES

Canapes small 24 pieces

140 QAR

Delivery within 24 hours love a canapé party people, music, drinks, and tiny, beautifully crafted, savory bites. Canapés can be simple and flavorful, or complex and gorgeous and also healthy. Choose your favorite assortment for you canapes box, 2 flavor can be selected shrimp guacamole the fresh crispy cucumber pairs well with the slightly spicy guacamole and the elegant shrimp. Not only does it taste amazing, but the guacamole is loaded with healthy fats tuna mayo toasted bread are the foundation for this simple but irresistible mixture of tuna, lemon, and onions and spiced with black pepper. Zaatar labneh sour and creamy with crispy olives and cucumber. You will love this easy appetizer of labneh drizzled with olive oil and sprinkled with za'atar.

Canapes medium 48 pieces

260 QAR

Delivery within 24 hours love a canapé party people, music, drinks, and tiny, beautifully crafted, savory bites. Canapés can be simple and flavorful, or complex and gorgeous and also healthy. Choose your favorite assortment for you canapes box, 4 flavors can be chosen shrimp guacamole the fresh crispy cucumber pairs well with the slightly spicy guacamole and the elegant shrimp. Not only does it taste amazing, but the guacamole is loaded with healthy fats tuna mayo toasted bread are the foundation for this simple but irresistible mixture of tuna, lemon, and onions and spiced with black pepper. Zaatar labneh sour and creamy with crispy olives and cucumber. You will love this easy appetizer of labneh drizzled with olive oil and sprinkled with za'atar mozzarella pesto sun dried tomato pesto packs a flavorful punch, while subtly sweet mozzarella and sweet basil provide a great contrast to the sharp tomato. Cocktail shrimp elegant all-in-one shrimp cocktail bites bring bread, dip and seafood together beautifully.

Canapes big 72 pieces

380 QAR

Delivery within 24 hours love a canapé party people, music, drinks, and tiny, beautifully crafted, savory bites. Canapés can be simple and flavorful, or complex and gorgeous and also healthy. Choose your favorite assortment for you canapes box, 7 flavor can be selected shrimp guacamole the fresh crispy cucumber pairs well with the slightly spicy guacamole and the elegant shrimp. Not only does it taste amazing, but the guacamole is loaded with healthy fats tuna mayo toasted bread are the foundation for this simple but irresistible mixture of tuna, lemon, and onions and spiced with black pepper. Zaatar labneh: sour and creamy with crispy olives and cucumber. You will love this easy appetizer of labneh drizzled with olive oil and sprinkled with za'atar mozzarella pesto sun dried tomato pesto packs a flavorful punch, while subtly sweet mozzarella and sweet basil provide a great contrast to the sharp tomato. Cocktail shrimp elegant all in-one shrimp cocktail bites bring bread, dip and seafood together beautifully smoked turkey the combination of smoked turkey, mayo, strawberry jam and pomegranate makes great mini bite size sandwiches smoked salmon and cream cheese the texture and flavors work so well together. Besides the salmon and cream cheese, the little piece of capers and horse radish sauce add that extra tangy flavor that makes these go from excellent to awesome.

KETO CAKES



Keto gluten free chocolate cake large 400 QAR

Frosted 2 layers chocolate cake with seasonal fruits and cream gluten free and keto, per slice 696 calories, net carbs 6 gm, fat 66 gm, protein 16 gm, fiber 8 gm. Delivery within 24 hours or same day if ordered before 10 am.

Keto gluten free chocolate cake medium 250 QAR

Mouthwatering, frosted chocolate cake with seasonal fruits gluten free and keto. Per slice: net carbs 3 g, fat 33 gm, protein 8 gm, fiber 4 gm. 348 Calories, delivery within 24 hours or same day if ordered before 10 am.

Keto super fudgy brownies tray 220 QAR

Extra fudgy keto brownies with bits of dark chocolate. Gluten free, delicious, enjoy warm or chilled with a hot drink. Per piece fat 9 grams, carb 3 grams, fiber 2 grams, , protein 2 grams. 1632 Calories and delivery within 24 hours or same day if ordered before 10 am.

Keto vegan peanut butter pie (12 serving) 174 QAR

We like to please all our customers and that's why this gluten free and vegan. Keto friendly pie is perfect for every dietary need. Relive your childhood with this fluffy combination of chocolate and peanut butter. In here, dreams do come true. Delivery within 24 hours or same day if ordered before 10 am.

Keto triple chocolate cheese cake 310 QAR

A triple chocolate treat of a chocolate base with a creamy chocolate cheese-cake, topped with chocolate ganache. This is death by chocolate for the fans. Delivery within 24 hours or same day if ordered before 10 am. 16 Servings. Per serving net carbs 5.22 G, fat 32.98g pro 7.75g.

Keto vegan chocolate pie 180 QAR

Bring to life all your chocolate fantasies as you dig into our deadly chocolate pie. With a crispy chocolate base, a decadent vegan chocolate filling and this is a guilt free indulgence hard to beat. Delivery within 24 hours or same day if ordered before 10 am 277 kcal per slice per slice 25.80 Grams fat and 6.1 Grams carbs.

Keto victoria sponge cake 240 QAR

Layers of gluten free sponge cake stuffed with strawberry jam and cream. 237 Calories, 3.6 Carbs, 22.1 Fats. Delivery within 24 hours or same day if ordered before 10 am.

Crustless keto cheesecake salted caramel 250 QAR

287 Calories, this rich, creamy new york style cheesecake is here to fulfill all your dessert cravings. We have kept it gluten free, keto friendly with salted caramel topping per slice, without sauce per piece fat 24.7 Grams, carb 2.9 Grams, and protein 5.3 Grams. Delivery within 24 hours or same day if ordered before 10 am.

Keto cheesecake chocolate fudge 250 QAR

287 Calories, this rich, creamy new york style cheesecake is here to fulfill all your dessert cravings. We have kept it gluten free, keto friendly with chocolate fudge topping per slice, without sauce per piece fat 24.7 Grams, carb 2.9 Grams and protein 5.3 Grams. Delivery within 24 hours or same day if ordered before 10 am.

Crustless keto cheesecake mix berries 250 QAR

287 Calories, fat 24.7 Grams, carb 2.9 Grams and protein 5.3 Grams, deliver within 24 hours or in the same day if ordered before 10 am.

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HEALTHY CAKES

Tiramisu cake (8 serving)

180 QAR

Classic tiramisu made with low fat spongy layers filled with low fat cream and topped to perfection with cocoa powder, 8 to 10 servings, 190 calories per servings, deliver within 24 hours.

Brownies to share (12 serving)

170 QAR

Lightly sweetened walnut brownies flavored with rich dark chocolate, 8 to 10 servings 101 kcal per slice, deliver within 24 hours or in the same day if ordered before 10am.

Black forest whole cake

200 QAR

Layers of spongy chocolate cake filled with low fat cream and fruits, 8 to 10 servings 159 calories per slice, deliver within 24 hours or in the same day if ordered before 10am.

Orange cake with chocolate topping

180 QAR

Low fat spongy orange cake topped with melted chocolate, deliver within 24 hours or in the same day if ordered before 10am.

Basbousa cake with cream filling (12 serving)

230 QAR

Gloriously creamy and moist semolina cake, stuffed with cream drizzled with syrup and topped with nuts, deliver within 24 hours or in the same day if ordered before 10am.

Basbousa classic cake 12 serving

210 QAR

Middle eastern classic semolina cake, cooked with coconut, butter soaked in rose scented sugar syrup and garnished with nuts, deliver within 24 hours or in the same day if ordered before 10am.

Chocolate mousse 12 serving

180 QAR

This super moist dark chocolate mousse cake combines unsweetened natural cocoa powder and dark cocoa, deliver within 24 hours or in the same day if ordered before 10am.

Vanilla cake 8 serving

150 QAR

Low-fat spongy vanilla cake. Delivery within 24 hours or same day if ordered before 10am.

Vanilla cake topped with blueberry jam

150 QAR

8 Serving

Low fat vanilla cake topped with blueberry jam. Delivery within 24 hours.

English cake 6 serving

150 QAR

219 Cal. For each piece and spongy vanilla cake with raisins. Delivery within 24 hours.

Chocolate frosted cake 8 serving

230 QAR

Perfectly soft and tender crumb, and incredibly luscious chocolate flavor, melt in your mouth moisture. It's made to impress all chocolate lovers. Delivery within 24 hours.

Mille feuille 12 serving **200 QAR**

The classic french pastry with ancient origins spanning hundreds of years, consists of many thin layers of puff pastry, filled with custard, whipped cream. Delivery within 24 hours.

Strawberry cake **150 QAR**

Low fat sponge cake topped with strawberry jam delivery within 24 hours or same day if ordered before 10am.

Caramel cheese cake **160 QAR**

Guiltless layers of biscuit and light cream cheese topped with caramel sauce. Delivery within 24 hours.

White forest healthy cake **150 QAR**

Layers of sponge vanilla cake filled with low fat cream and fresh fruits, 153 kcal, deliver within 24 hours.

Vanilla berries cake **300 QAR**

Low calorie and low sugar fluffy vanilla cake topped with seasonal berries, deliver within 24 hours.

Berries cheesecake **300 QAR**

Creamy cheesecake low sugar and low calories, deliver within 24 hours.

Berries cheesecake - for 4 persons **170 QAR**

336 Kcal per slice, this berry loaded cheesecake gives a sweet and sour flavor of fresh berries and cream cheese, delivery within 24 hours or in the same day if ordered before 10am.

Berries cheesecake - for 8 persons **280 QAR**

336 Kcal per slice. This berry-loaded cheesecake gives a sweet and sour flavor of fresh berries and cream cheese. Delivery within 24 hours or same day if ordered before 10am.

Whole red velvet cake - for 4 persons **130 QAR**

272 Kcal per slice, our 3 layered classic red velvet cake is infused with vanilla and frosted with cream cheese and mini red velvet cake crumbs, delivery within 24 hours or in the same day if ordered before 10 am.

Whole red velvet cake for 8 persons **210 QAR**

272 Kcal per slice. Our 3 layered classic red velvet cake is infused with vanilla and frosted with cream cheese and mini red velvet cake crumbs. Delivery within 24 hours or same day if ordered before 10am.

Strawberry cheesecake - for 8 persons **280 QAR**

Low fat strawberry cheesecake, deliver within 24 hours or in the same day if ordered before 10am.

Strawberry cheesecake - for 4 persons **140 QAR**

Low fat strawberry cheesecake, delivery within 24 hours or in the same day if ordered before 10am.

1/2 Moon vanilla berries sponge cake **230 QAR****For 8 persons**

284 Kcal per slice, soft and sponge cake in vanilla with fresh berries in lunar shape, deliver within 24 hours or in the same day if ordered before 10 am.

Classic birthday cake **300 QAR**

Perfect sponge cake for a low calorie birthday with colorful sprinkles, deliver within 24 hours or in the same day if ordered before 10 am.



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CAKE TOPPER

Eid Mubarak Arabic

Acrylic cake topper

25 QAR

Ramadan Kareem Arabic

Acrylic cake topper

25 QAR

Happy Birthday

Acrylic cake topper

25 QAR

I Love You

Acrylic cake topper

25 QAR

Happy Anniversary

Acrylic cake topper

25 QAR

Eid Mubarak 5

Acrylic cake topper

25 QAR

Happy Valentine's Day 5

Acrylic cake topper

25 QAR

Ramadan Kareem

Acrylic cake topper

25 QAR

Happy Mother's Day Acrylic Cake Topper

Large acrylic cake topper

25 QAR



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