

T.F.B

The
Goodie
Bar



T.F.B

Clubs & Subs

club sandwich

grilled chicken, beef bacon, cheddar, omelette, tomato, lettuce & mayonnaise club served with fries 80LE

turkey & cheese club

smoked turkey, cheddar, Parmesan cheese, Dijon mustard & Gherkins club served with potato wedges 75LE

turkey & salami sub

salami, smoked turkey, cheddar cheese, tomatoes, mayonnaise & lettuce in ciabatta sub served with potato wedges 70LE

grilled halloumi sub

grilled halloumi, tomatoes, onions & arugula with olive oil avocado puree in ciabatta sub served with potato wedges 75LE

chicken pesto sub

grilled chicken, pesto sauce, sun-dried tomatoes, lettuce & Halloumi cheese in ciabatta sub served with potato wedges 90LE



Eggs & Omelette

omelette

2 omelette eggs, melted cheddar cheese, lettuce & mayonnaise on toast bread served with potato wedges 50LE

veggie omelette 60LE

spinach omelette 60LE

fresh mashrooms omelette 65LE

sunny side up

2 bulls eye eggs, arugula & chives on toast bread served with potato wedges 55LE

smoked turkey sunny side up 65LE

beef bacon sunny side up 70LE

egg benedict

2 poached eggs, chives & spinach topped with Hollandaise sauce on toast bread served with potato wedges 60LE

smoked turkey egg benedict 70LE

beef bacon egg benedict 75LE

smoked salmon egg benedict 95LE



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Salads

roca salad

arugula, strawberry, cherry tomatoes, walnuts, feta cheese & balsamic vinegar sauce 70LE

quinoa salad

quinoa, lettuce, mint, orange, grilled hallomi cheese, red kidney beans, coriander & orange sauce 80LE

woldorf salad

lettuce, red grapes, green apple slices, blue cheese, carmalized walnuts, sweet corn & woldorf sauce 80LE

caesar salad

iceberg lettuce, parmesan cheese, croutons & caesar sauce classic 45LE
add grilled chicken 25LE
add grilled shrimp 55LE
add smoked salmon 70LE

TFB salad

iceberg lettuce, red kidney beans, sweet corn, cherry tomatoes, carmalized almond, fresh mashroom, fried tortilla & olive oil herbal sauce 75LE
add grilled chicken 25LE
add grilled shrimp 55LE



Appetizers

mozzarella bits

4 mozzarella sticks stuffed with olives, beef bacon & sweetcorn 40LE

corn dogs

2 fried corn dogs (your choice from panko and/or shetos) 60LE

arancini

3 fried rice balls stuffed with mozzarella cheese, spinach & beef bacon served with ranch sauce 50LE

chicken strips

4 fried chicken stripes served with honey mustard sauce 50LE

chicken lollipops

6 fried chicken wings served with sweet chili sauce 50LE

grilled chicken wings

6 grilled chicken wings served with teriyaki sauce 50LE

shrimp dynamite

fried shrimp served with dynamite sauce 90LE

grilled shrimp skewers

6 jumbo grilled shrimps - served with garlic butter or teriyaki sauce 95LE

sharing pack

2 mozzarella bits, 2 chicken lollipops, 2 chicken strips, 1 arancini, 1 corn dog 100LE



T.F.B

fries

french fries

french frise 20LE

waffle fries

waffle frise 25LE

potato wedges

potato wedges 25LE

spiral potato skewer

spiral potato skewer 30LE

Loaded fries

chilli beef jalapeno

chilli beef jalapeno & cheese loaded fries 45LE

grilled chicken BBQ

BBQ grilled chicken & cheese loaded fries 45LE

fried chicken

fried chicken & cheese loaded fries 45LE

grilled shrimp

grilled shrimp & cheese loaded fries 75LE

fried shrimp

fried shrimp & cheese loaded fries 75LE

foodie junior

hot dog flat bread

hot dog flat bread with fries 60LE

chicken strips

4 fried chicken stripes with fries 60LE

fried chicken sandwich

fried chicken, lettuce, tomato & coleslaw with fries 60LE

fried burger sandwich

cheddar cheese stuffed fried burger, lettuce & tomato with frise 65LE



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Flat bread

egg & spinach

spinach, sunny side up egg & mozzarella cheese 40LE

mix cheese

mozzarella, cheddar & blue cheese over marinara sauce 50LE

pepperoni

pepperoni & mozzarella cheese over marinara sauce 50LE

pesto & sun-dried tomato

pesto sauce, sun dried tomatoes, cherry tomatoes & mozzarella cheese over marinara sauce 60LE

chicken ranch

grilled chicken & mozzarella cheese over marinara sauce topped with ranch sauce 60LE

Pasta

arrabbiata

red pina, olives, red bell pepper, ment leaves and parmesan cheese 40LE

alfredo

white pina, alfredo sauce, fresh mushrooms and parmesan cheese 45LE

tri-cheese

white pina with tri-cheese sauce 55LE

pesto

white pina, pesto sauce and parmisan flakes 65LE

adds

add parmesan cheese 10LE

add fresh mushrooms 12LE

add grilled chicken 25LE

add meatballs 40LE

add grilled shrimp 55LE

soup cups

sweet corn soup

sweet corn soup with soy sauce 25LE

broccoli chowder

creamy broccoli chowder with cheddar cheese 30LE

shrimp bisque

well spiced shrimp bisque with cream 35LE



T.F.B

hot dogs

chilli dogs

grilled hot dog topped with beef marinara & jalapeno 55LE

BBQ dogs

grilled hot dog topped with caramelized onion & BBQ 55LE

sweet dogs

grilled hot dog topped with mozzarella & sweet corn 55LE

Chicken sandwich

fried chicken coleslaw

fried chicken breast, lettuce & tomato topped with coleslaw 65LE

chicken cave

stuffed fried chicken breast, lettuce, tomato, cheddar cheese sauce 85LE
mozzarella, salami & olives

caesar grilled chicken

grilled chicken breast, parmesan cheese, lettuce, tomato & caesar sauce 65LE

chicken fajita wrap

grilled chicken breast, onions, colored bell pepper & fajita sauce 65LE

nomad grilled chicken

grilled chicken breast, american cheese, lettuce, tomato, onion, Gherkin 70LE
add caramelised onion BBQ 10LE
add fresh mashrooms 12LE

add fries 10LE

add potato wedges 15LE

add soft drink 10LE



T.F.B

beef & burgers

cheese burger

grilled beef burger, lettuce, tomato, pickles, onions, american cheese 58LE

under the sun

grilled beef burger, lettuce, tomato, pickles, onions, american cheese, sunny side up egg 70LE

the fire bun

grilled beef burger, lettuce, tomato, pickles, onions, american cheese, jalapenos, hony sriracha 75LE

mozza-attack

grilled beef burger, melted mozzarella, lettuce, tomato, pickles & mozzarella sticks 75LE

surf & turf

grilled beef burger, grilled shrimps, lettuce, tomato, pickles, onions, cheddar cheese sauce 98LE

fat burger

fat beef burger grilled to your breference (Medume/Well done)

lettuce, tomato, pickles, american cheese & TFB sauce 90LE

double fat beef burger 120LE

add onion jam 6LE

add fresh mashrooms 12LE

add beef bacon 16LE

smashed burger

smashed burger, american cheese, Gherkins & TFB special sauce

double smashed 88LE

tribble smashed 110

add fresh mashroom 12LE

add beef bacon 16LE

beef fajita wrap

grilled beef steak, onions, colored bell pepers & fajita 110LE

philly cheesesteak

grilled beef steak, onions, green bell peppers & red cheddar cheese 135LE

seafood sandwich

fajita shrimp

grilled shrimp, onion, colored bell pepper & fajita sauce 125LE

sweet & sour shrimp

grilled shrimp, onion, colored bell pepper with sweet & sour sauce 125LE

teriyaki grilled shrimp

grilled shrimps, teriyaki sauce, sesame seeds, lettuce, tomato & onions 125LE

add fries 10LE

add potato wedges 15LE

add soft drink 10LE



T.F.B

dessert

brownies

classic brownies	45LE
nutella brownies	50LE
oreo brownies	55LE
cadbury brownies	60LE
kinder brownies	60LE
milka brownies	60LE
caramel walnut brownies	65LE
salted caramel pecan brownies	65LE

special brownies

red velvet brownies	45LE
lotus brownies	65LE
cookie dough oreo brownies	75LE

cheese cake

classic cheese cake	55LE
oreo cheese cake	65LE
lotus cheese cake	75LE

cookies

classic cookies	35LE
nutella cookies	45LE
lotus cookies	45LE



cake cups

red velvet	50LE
brownies	60LE
lotus brownies	75LE

waffle sticks

nutella	50LE
oreo bomb	60LE
white chocolate sprinkle	60LE
nutty chocolate	65LE
lotus crumble	65LE



adds

add chocolate sauce	10LE
add white chocolate sauce	10LE
add caramel sauce	10LE
add strawberry topping	10LE
add raspberry topping	10LE
add blueberry topping	10LE
add lotus sauce	15LE
add nutella	15LE
add nuts	15LE

T.F.B

Coffee shots

espresso	20LE
double espresso	25LE
macchiato	22LE
double macchiato	27LE
french press	30LE
latte	33LE
cappuccino	33LE
flat white	35LE
mocha	36LE
double chocolate mocha	46LE
turkish coffee	16LE
double turkish coffee	22LE
frensh coffee	25LE
nutella coffee	35LE

selected shots

espresso bonbon	30LE
espresso kinder	30LE
espresso avocado	35LE
spanish latte	42LE

warmers

hot apple cinnamon	30LE
herbs	30LE
vitamin C	35LE
sahlab	30LE
flavoured sahlalab	35LE
lotus-nutella-coffee-caramel (add nuts)	15LE
hot chocolate	35LE
(add marshmallow)	8LE

tea corner

regular tea	20LE
tea with milk	25LE
green tea	25LE
green tea with mint	25LE
flavored tea	25LE
earl gray-vanilla-raspberry	
cloves-peach-cinnamon	



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yogies

cola	45LE
peach	45LE
berries	45LE

coolers

pina colada	40LE
apple cinnamon twist	40LE
passion peach	45LE
sweet berry mix	45LE

ice coffee

ice latte	38LE
ice cappuccino	38LE
ice mocha	40LE
ice spanish latte	50LE
ice spanish latte lotus	58LE

frappe

coffee frappe	40LE
mocha frappe	48LE
cotton candy frappe	48LE
oreo frappe	48LE
lotus frappe	55LE

milk shake

chocolate	38LE
vanilla	38LE
caramel	38LE
strawberry	38LE
mango	38LE
blueberry	38LE
coffee	40LE
bubble gum	40LE
peanut butter	48LE
apple cinnamon swirl	52LE
red velvet	52LE
brownies	55LE
cheese cake	55LE



smoothies

cola	40LE
blueberry	40LE
mango	42LE
mango peach	45LE
strawberry banana	45LE
pineapple kiwi	45LE

mojito

raspberry mojito	40LE
blueberry mojito	40LE
lemon mint mojito	40LE
peach mojito	40LE

fresh juice

lemon	28LE
lemon mint	30LE
orange	35LE
strawberry	35LE
banana	35LE
mango	40LE
kiwi	40LE

soft drink

pepsi	18LE
pepsi diet	18LE
sprite	18LE
sprite zero	18LE
merinda	18LE
schweppes	18LE
amstel	25LE
red bull	40LE

water

small	8LE
large	12LE