

# DINING MENU



ParkTower  
SUITES

# BREAKFAST

Buffet breakfast is served everyday from 06.30 AM till 10.30 AM.

	<b>Yogurt Parfait (140 kcal)</b> Fat free yogurt with layers of red fruits mix and granola.	5.00
	<b>Croissant Basket</b> Selection of freshly baked croissants (plain, cheese and chocolate).	5.00
	<b>English Cake Platter</b>	5.00
	<b>Avocado Toasts (265 kcal)</b> Brown pain de mie topped with avocado spread and goat cheese.	10.00
	<b>Buffet Breakfast</b>	10.00
	<b>Lebanese Breakfast</b> Eggs (boiled or fried or scrambled), selection of cheese (akkawi, halloumi, kashkaval), mini manakeesh, olives, tomatoes, cucumbers, and Arabic bread with your choice of Turkish coffee or black tea.	10.00
	<b>Continental Breakfast</b> Eggs (boiled or fried or scrambled), wide selection of croissants, jam (strawberry and peach), honey, butter, English cake, French bread, toast and fruit yogurt with your choice of Turkish coffee or black tea.	10.00



Low Calories



Spicy



Signature Item



Minimized portion available

# HALF PORTIONS

## Breakfast

Avocado Toast 6.00

## Salads

Oriental Salad 3.00

Rocca Salad 6.00

Pasta Salad 6.00

Fattoush 6.00

Crab Salad 6.00

Garden Salad 6.00

Nicoise Salad 6.00

Italian Salad 6.00

## Sandwiches

Frankfurter 6.00

Tuna Blend 6.00

Grilled Halloumi 6.00

Taouk Sandwich 6.00

Chicken Melt 8.00

Club Sandwich 8.00

Fajita Wraps 10.00

Mexican Chicken 10.00

## Platters

French Fries Basket 4.00

Taouk Platter 8.00

Chicken Escalope 8.00

Chicken Tender 8.00

Penne Pomodoro 6.00

Tagliatelle Al Pesto 6.00

Tagliatelle quarto Fromaggi 8.00

Regular Pizza 6.00

Vegetarian Pizza 6.00

# SALADS

Available dressings for choice:

Lemon oil - Mustard vinaigrette - Balsamic - Cocktail sauce

Savor more salads in the Lebanese, Italian and Low calories corners.

	<b>Crunchy Greens</b>	5.00
	A fresh selection of celery sticks, apples, cherry tomatoes, cauliflower and carrots with a cocktail sauce.	
	<b>Oriental Salad</b>	5.00
	Romaine lettuce, fresh mint, thyme, parsley, with layers of cucumbers, radish, red tomatoes, green peppers, sumac and a slice of toasted baguette in a lemon oil dressing.	
	<b>Rocca Salad</b>	10.00
	Rocca, fresh mushrooms, walnuts and shaved parmesan in a balsamic dressing.	
	<b>Garden Salad</b>	10.00
	Avocado, black olives, endives, cherry tomatoes and Lollo Rosso lettuce served with lemon mustard sauce.	
	<b>Pasta Salad</b>	10.00
	Whole-wheat pasta with cherry tomatoes, cucumbers, olives, fresh thyme, artichoke hearts and baby corn sprayed with oregano & balsamic dressing.	
	<b>Italian Salad</b>	10.00
	Layers of grilled eggplant, grilled halloumi, fresh tomatoes, with a bunch of mixed greens and basil leaves, fresh mushroom, pine nuts and balsamic dressing.	
	<b>Nicoise Salad</b>	10.00
	A bed of iceberg lettuce with boiled eggs, tuna, grilled potatoes, green beans, black olives, cherry tomatoes and capres in a mustard vinaigrette dressing.	
	<b>Caesar Salad</b>	10.00
	Romaine lettuce, tender chicken strips, croutons, freshly shaved parmesan and a special Caesar dressing.	
	<b>Crab Salad</b>	10.00
	Crab sticks, iceberg lettuce, red kidney beans, corn, carrots, cherry tomatoes and avocado served with baby shrimps & cocktail sauce.	
	<b>Smoked Salmon Salad</b>	12.00
	Mixed greens salad with smoked salmon, capres, lemon segments accompanied by a perfectly grilled toast spread with pesto sauce, untoasted cashews and mustard vinaigrette dressing.	
	<b>Salmon &amp; Kale Salad</b>	15.00
	Grilled salmon, Kale, avocado, green peas, shredded carrots, raddish served with special lemon ginger sauce	



Low Calories



Spicy












Signature Item



Minimized portion available

# SANDWICHES

Savor more sandwiches Low calories corners.

	<b>Labneh</b> Labneh sandwich served with mint leaves, sliced tomatoes, diced cucumbers, olive oil dizzle, a side of green salad and olives.	10.00
	<b>Frankfurter</b> Beef sausage, cheddar cheese, mustard, ketchup, corn, chips, baby pickles, coleslaw and a side of chips. <b>*Add fried egg upon request</b>	10.00 3.00
	<b>Tuna Blend</b> Our special tuna mix in multicereal bread with iceberg lettuce, mustard vinaigrette and a side of cherry tomatoes, olives and baby corn.	10.00
	<b>Grilled Halloumi</b> Grilled Halloumi sandwich with pesto, basil leaves, green salad, & thyme with side of chips, pickles, olives and cherry tomatoes.	10.00
	<b>Taouk sandwich</b> Marinated grilled chicken breast served with avocado, coleslaw and French fries.	10.00
	<b>Chicken Melt</b> Marinated grilled chicken breast, iceberg lettuce, avocado, shaved parmesan with special mustard sauce in white baguette, side of fries, cherry tomatoes and baby pickles.	13.00
	<b>Club Sandwich</b> Toasted bread slices, chicken, cheese, boiled egg, lettuce, mayo, mustard, tomato, pickles and a side of French fries.	15.00
 	<b>Fajita Wraps</b> Chicken breast, Fajita spices, hot sauce, onions, green pepper, mushrooms, avocado, mozzarella cheese and corn served in tortilla bread with potato wedges.	15.00
  	<b>Mexican Chicken</b> Grilled chicken breast, Mexican spices, red & green peppers, corn, cheddar cheese with a side of green salad and French fries.	15.00



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# PLATTERS

Savor more platters in the Lebanese & Italian corners.



## French Fries Basket

6.00

## Spanish Omelet

10.00

With diced vegetables.

## Hamburger Meal

10.00

Grilled beef patty in a soft bun with coleslaw, pickles and fries.

**\*Add cheese upon request**

5.00

## Chicken Burger Meal

10.00

Grilled tender chicken patty in a soft bun with coleslaw, pickles and fries.

**\*Add cheese upon request**

5.00



## Chicken Escalope

13.00

Homemade chicken escalope with a crusty breading, topped with fresh cherry tomatoes and crisp rocca salad in lemon oil dressing, with a side of broccoli & fresh mushrooms sautéed in butter, French fries and tartar sauce.



## Chicken Tender

15.00

Two pieces of grilled chicken breast, golden and tender, layered with roasted Mozzarella, crisp rocca salad in lemon oil dressing with a side of baby potatoes, fried fresh mushrooms, cherry tomatoes and our special creamy pesto sauce.

## Sole Meunière

15.00

Sauteed sole filet, with mashed potatoes à l'ancienne, ratatouille of vegetables and a lemon butter sauce.

## Samak with Tabboule

13.00

Fried filet de sole, homemade French fries, fried zucchini, served with Tabboule, Tarator dressing & Lebanese bread.



## Pave de Saumon

15.00

Salmon filet, sautéed vegetables, onions & fresh ginger served with steamed rice.



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# LOW CALORIES

## SOUPS:

**Lentil Soup (195 Kcal)** 10.00  
The oriental tradition with toasted bread.

## SANDWICHES:

**Fresh Mozzarella (400 Kcal)** 10.00  
Grilled zucchini and eggplant slices, cherry tomatoes and fresh mozzarella cheese served in Ciabata bread with mayonnaise and balsamic vinegar.

**Smoked Turkey (310 Kcal)** 10.00  
Smoked turkey served in multi-cereal bread with Dijon mustard spread and light cheese.

**Smoked Salmon (270 Kcal)** 10.00  
Smoked salmon and avocado served in brown pain de mie with white pepper and olive oil.

## SALADS:

**Quinoa Salad (495 Kcal)** 13.00  
Quinoa, cucumbers, cherry tomatoes, red beans and beet leaves served with dried cranberries, chopped parsley, fresh cashews and fresh baby mozzarella balls with a special fruity dressing.

**Citrus and Beetroots Salad (324 Kcal)** 13.00  
Fresh spinach leaves, boiled beet roots, orange and grape fruit slices served with pines, roasted pumpkin and goat cheese and a light balsamic dressing.



**Kale & Avocado Salad (384 Kcal)** 10.00  
Kale, avocado, pomegranate, smoked tuna served with capres and almonds with lemon apple vinaigrette.

## FRESH JUICES:

**Beta Carotene Booster (190 kcal)** 3.00  
Carrot, pumpkin, orange, fresh mango and fresh ginger.

**All Green Juice (135 kcal)** 3.00  
Fresh spinach, basil, avocado, kiwi and orange juice.

**Vitamin C Load (220 kcal)** 3.00  
Grapefruit, orange, tangerine, lime juice and pomegranate.

**Fresh Orange Juice** 3.00



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# LEBANESE CORNER

	<b>Hummus</b> Minced chickpeas mixed with tahini, olive oil lemon juice with a pinch of salt and paprika.	6.00
	<b>Labneh Mutabbaleh</b> Labneh mixed with olive oil, dried mint and a pinch of garlic and served with olive oil and salt.	10.00
	<b>Fried Potatoes with Coriander</b> Fried potatoes served with sautéed coriander, garlic and olive oil.	6.00
	<b>Hindbeh</b> Boiled and strained dandelion, fried onions served with lemon juice, olive oil and sumac.	6.00
	<b>Shanklish</b> Shanklish served with green pepper, tomatoes, onions and olive oil.	10.00
	<b>Mutabbal Eggplant</b> Minced roasted eggplant mixed with tahini, olive oil lemon juice with a pinch of salt and paprika.	6.00
	<b>Hummus with Sauteed Meat</b>	10.00
	<b>Fried Vegetables</b> A mix of fried vegetables including potatoes, zucchinis, eggplants, and cauliflowers.	6.00
 	<b>Fattoush</b> Romaine lettuce, fresh mint, thyme, parsley, with layers of cucumbers, radish, red tomatoes, green peppers, sumac with fried Lebanese bread in a lemon oil dressing.	10.00
	<b>Lentil Soup (195 Kcal)</b> The oriental tradition with toasted bread.	10.00



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# LEBANESE CORNER

	<b>Taouk sandwich</b> Marinated grilled chicken breast served with avocado, coleslaw and French fries.	10.00
  	<b>Taouk Platter</b> Marinated grilled chicken breast, grilled peppers, tomatoes & onions, Hummus, french fries served in Arabic bread with chili pepper paste.	13.00
	<b>Samak with Tabbouleh platter</b> Fried filet de sole, homemade French fries, fried zucchini served with Tabbouleh, tarator dressing & Lebanese bread.	13.00



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# ITALIAN CORNER

	<b>Pasta Salad</b> Whole wheat pasta with cherry tomatoes, cucumbers, olives, fresh thyme, artichoke hearts and baby corn with oregano and balsamic dressing.	10.00
	<b>Penne Pomodoro</b> Homemade tomato sauce on penne al dente with parmesan cheese and chopped basil.	10.00
	<b>Tagliatelle Al Pesto</b> Al dente tagliatelle in creamy pesto sauce topped with parmesan cheese and chopped basil.	10.00
	<b>Tagliatelle Quatro Fromaggi</b> Tagliatelle pasta with parmesan, cheddar, Roquefort, mozzarella cheese and chopped parsley.	10.00
	<b>Italian Salad</b> Layers of grilled eggplants, grilled Halloumi, fresh tomatoes, with a bunch of mixed greens and basil leaves, fresh mushrooms, pine nuts and balsamic dressing.	10.00
	<b>Vegetarian Pizza</b> Tomato sauce, olives, green pepper, tomatoes, golden Mozzarella cheese and oregano.	10.00
	<b>Regular Pizza</b> Tomato sauce, pork ham, olives, fresh mushrooms and golden Mozzarella cheese.	10.00



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# DESSERTS

## Cheesecake

Our own version of layered cheesecake (select strawberry jam or honey).

10.00

## Chocolate Fondant

With a warm chocolate center and vanilla ice cream.

10.00

## Ice Cream

Three flavors of your choice.

10.00

## Fresh Fruit Salad

Small 5.00

Medium 10.00



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# DRINKS

## HOT DRINKS:

Turkish Coffee	3.00
White Coffee	3.00
Tea	3.00
Herbal Tea	3.00
Espresso	3.00
Milk and Tea	4.00
Milk	3.00
Nescafe	4.00
Hot Chocolate	4.00
Cappuccino	4.00

## COLD DRINKS:

Mineral water (1/2 liter)	1.00
Mineral water (1½ liter)	2.00
Soft Drink	2.00
Perrier	5.00
Evian (1/2 liter)	4.00
Evian (1 liter)	6.00
Fresh Orange Juice	3.00

## ENERGY DRINKS:

Red Bull	4.00
Red Bull Light	4.00

# ALCOHOLIC DRINKS

WHISKY:	1btl	1/2 btl	1/4btl	1 glass
Red label	38.00	25.00	19.00	7.00
White label	38.00	25.00	19.00	7.00
Black label	53.00	37.00	26.00	10.00

BEER:	
Local Beer	3.00
Imported Beer	6.00
Mexican Beer	5.00

VODKA:			
Stolichnaya	19.00		5.00
Absolut	25.00	19.00	6.00

WINE:			
Red	19.00	13.00	7.00
Rosé	19.00	13.00	7.00
White	19.00	13.00	7.00

CHAMPAGNE:		
Vin Mousseux	13.00	
Moet Et Chandon	190.00	116.00

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AS PRACTICAL **AS A HOTEL** [www.parktowersuites.com](http://www.parktowersuites.com)

THE 1<sup>ST</sup> FLOOR RESTAURANT AND BAR are opened daily from 06:30 till 23:00. For orders and assistance, dial "7101" or "0".

All our products are purchased on daily basis allowing us to serve you the freshest ingredients all the time.

Preparation time: 10 minutes for cold platters and 20 minutes for hot platters.

Prices are quoted in USD including 11% VAT.