

NEW

BD 3.1
chicken
machboos

6g 89.717g 36.71g 559.7kcal

4.92g 35.54g 15.23g 215.49kcal

crispy rice
salad

BD 3.1



scan menu

peroz.bh

www.perozeatery.com

-breakfast club-



avo-labneh toast

BD
2.4

300 kcal

10g

46g

11g



peanut butter toast

BD
2.8

450 kcal

14g

64g

19g



fresh mozzarella cheese toast

BD
2.8

250 kcal

11g

39g

6g



scrambled eggs w / toast

BD
1.7

251 kcal

17g

11g

15g



spanish omelette

BD
1.7

206 kcal

16g

10g

11g



turkey bacon egg white sandwich

BD
1.9

270 kcal

22g

24g

9g

-soups-



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

BD
2.2

115 kcal

2g

23g

3g



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

250 kcal

17g

11g

15g



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

BD
2.5

190 kcal

19g

10g

9g

-keto burgers-

	<div>BD</div> <div>3.2</div> <div>615 kcal</div> <div>35g</div> <div>3g</div> <div>51g</div>		<div>BD</div> <div>2.9</div> <div>643 kcal</div> <div>45g</div> <div>3g</div> <div>52g</div>		<div>BD</div> <div>2.7</div> <div>526 kcal</div> <div>46g</div> <div>3g</div> <div>36g</div>
salmon aioli salmon patty topped with creamy garlic aioli and fresh arugula leaves.		classic cheese burger cheeseburger topped with sauteed onions, crispy lettuce and our signature mac sauce.		flame-grilled chicken mac juicy flame-grilled chicken, crisp lettuce, and our signature mac sauce.	

-keto panini & fries-

	<div>BD</div> <div>3.8</div> <div>817 kcal</div> <div>54g</div> <div>5g</div> <div>66.5g</div>		<div>BD</div> <div>3.8</div> <div>826 kcal</div> <div>64g</div> <div>5g</div> <div>59g</div>		<div>BD</div> <div>3.7</div> <div>889 kcal</div> <div>55g</div> <div>5g</div> <div>70g</div>
spicy tuna cado classic spin on the viral sandwich on keto bread		pesto chicken our in-house pesto sauce on keto bread with grilled chicken, mozzarella, caramelized onion, and mushrooms		cheesesteak roast beef, caper mayo, melted light cheddar, and rocket leaves on keto bread	
	<div>BD</div> <div>3.4</div> <div>734 kcal</div> <div>48g</div> <div>4g</div> <div>65g</div>		<div>BD</div> <div>3.2</div> <div>841 kcal</div> <div>47g</div> <div>5g</div> <div>68.5g</div>		<div>BD</div> <div>2.0</div> <div>396 kcal</div> <div>14g</div> <div>3g</div> <div>35g</div>
halloumi grilled halloumi with rocket leaves topped with sauteed onions		breakfast fried egg, fresh spinach, cherry tomatoes, mixed cheeses, jalapeño, & spicy mayo		french fries keto french fries	

-keto bowls-

	<div>BD</div> <div>4.8</div> <div>444 kcal</div> <div>28.6g</div> <div>7.2g</div> <div>32g</div>		<div>BD</div> <div>2.5</div> <div>614 kcal</div> <div>51g</div> <div>11g</div> <div>40g</div>		<div>BD</div> <div>3.5</div> <div>286 kcal</div> <div>32.3g</div> <div>8g</div> <div>14g</div>
beef bulgogi grilled beef with sweet savory glaze with cauliflower rice		butter chicken creamy spiced tomato-based chicken curry with cauliflower rice		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
2.0

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



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-



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

BD
3.2

430
kcal

37g

19g

26g



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
3.5

539
kcal

28g

26.5g

34.6g



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

BD
2.1

232
kcal

4.3g

5.2g

21g



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

BD
3.0

354
kcal

27g

20g

18g



chicken kale salad

BD
2.5

269
kcal

27g

10g

12g



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
2.0

230
kcal

8g

21g

14g

-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

-super bowls-



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

BD
2.9

388
kcal

43g

30g

10g



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

BD
3.5

630
kcal

47g

58g

22g



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

BD
3.5

410
kcal

23g

40g

19g

-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

-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
delicious, 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-



americano

hot ^{BD} 1.4
iced ^{BD} 1.6



cappuccino

hot ^{BD} 1.7
iced ^{BD} 1.9



latte

hot ^{BD} 1.7
iced ^{BD} 1.9



cold brew

^{BD} 1.6



matcha latte

hot ^{BD} 2.2
iced ^{BD} 2.0



hot chocolate
made with low fat milk &
marshmallow fluff!

^{BD} 1.9

 211 kcal

 11g

 22g

 7g



pro coffee
coffee with protein

^{BD} 2.8

 30g



strawberry
cheese-shake
protein shakes

^{BD} 3.6

 30g



PB shake
protein shakes

^{BD} 3.3



pro gainz shake
protein shakes

^{BD} 3.5

 32g



hipster fuel
60/40 cold brew shot

^{BD} 1.0



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

^{BD} 1.2



wellness shot
orange, lemon, ginger and cayenne
pepper

^{BD} 1.2



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} 1.6



fresh orange juice
freshly squeezed orange juice

^{BD} 2.0



berry fizz iced
sugar-free strawberry and lemon
refresher

^{BD} 1.8





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 - 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



الاشتراكات الشهرية

الاستلام من المطعم

شامل التوصيل

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

الاشتراكات الشهرية للكيو

الاستلام من المطعم

شامل التوصيل

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

شامل الضريبة + التوصيل + استشارة مجانية مع أخصائية التغذية.

للاستشارات مع أخصائية التغذية يرجى التواصل على

+973 33622411 - info@perozeatery.com