

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

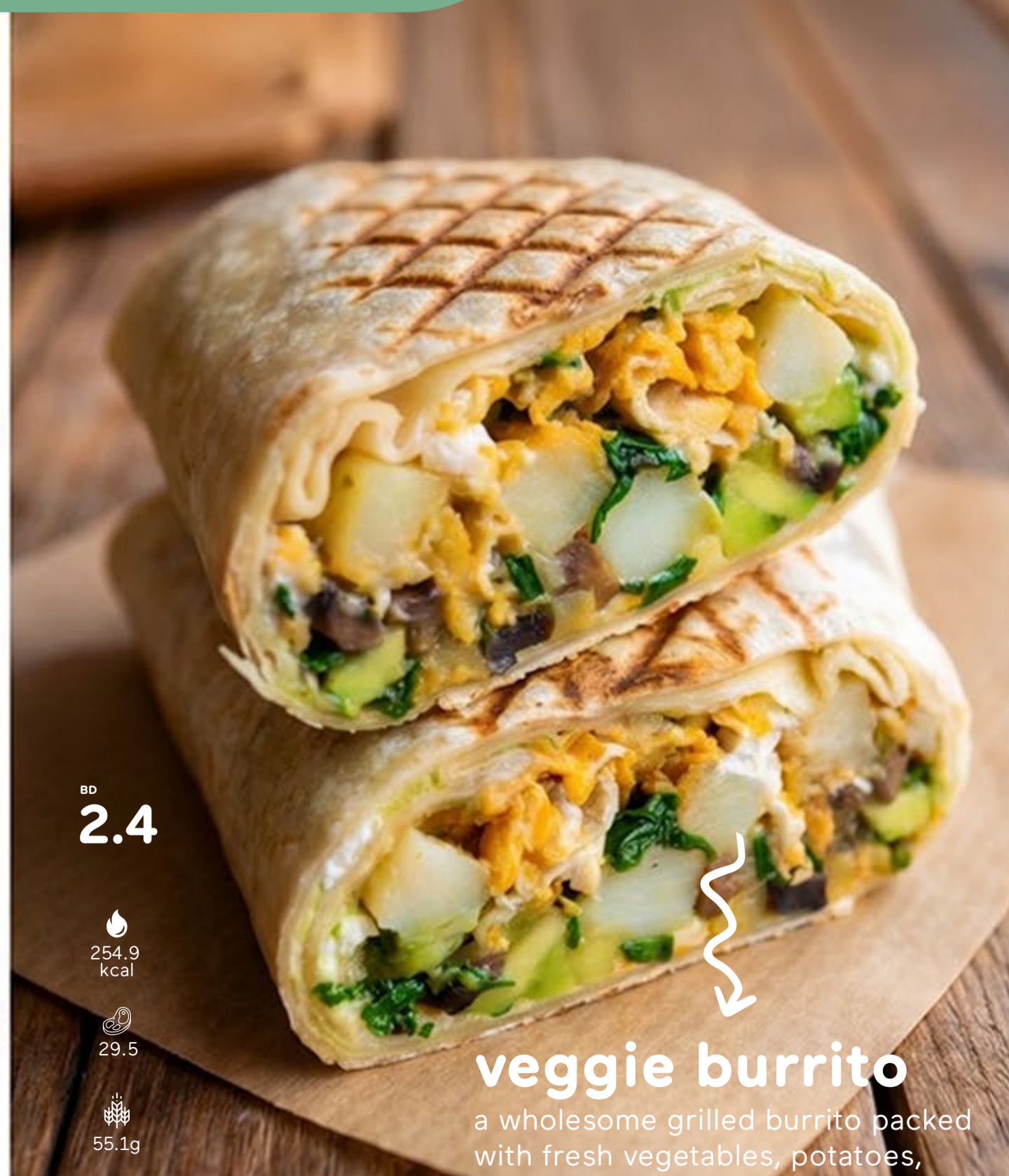
BD
2.4

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.



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-



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

BD
3.2

615 kcal
35g
3g
51g



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

BD
2.9

643 kcal
45g
3g
52g



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

BD
2.7

526 kcal
46g
3g
36g

-keto panini & fries-



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

BD
3.8

817 kcal
54g
5g
66.5g



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

BD
3.8

826 kcal
64g
5g
59g



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

BD
3.7

889 kcal
55g
5g
70g



halloumi
grilled halloumi with rocket leaves topped with sauteed onions

BD
3.4

734 kcal
48g
4g
65g



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

BD
3.2

841 kcal
47g
5g
68.5g



french fries
keto french fries

BD
2.0

396 kcal
14g
3g
35g

-keto bowls-



beef bulgogi
grilled beef with sweet savory glaze with cauliflower rice

BD
4.8

444 kcal
28.6g
7.2g
32g



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

BD
2.5

614 kcal
51g
11g
40g



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

BD
3.5

286 kcal
32.3g
8g
14g

-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
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-



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

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

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



crispy rice salad

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

BD
3.1

215.5 kcal

15.2g

35.5g

4.9g

-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



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-



BD
3.2

500
kcal

39g

47g

28g

shrimps pasta

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



BD
3.1

630
kcal

47g

47g

29g

spaghetti bolognese

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



BD
3.1

800
kcal

57g

51g

41g

mac n cheese

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

-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-



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

hot chocolate
made with low fat milk & marshmallow fluff!

211 kcal
11g
22g
7g



^{BD} 2.8

pro coffee
coffee with protein

30g



^{BD} 3.6

strawberry cheese-shake
protein shakes

30g



^{BD} 3.3

PB shake
protein shakes



^{BD} 3.5

pro gainz shake
protein shakes

32g



^{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



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