



**ORANGE
KITCHEN**

HEALTHY CAFE



Our team of chefs has developed a tastier and healthier menu for you.

We have been improving our dishes by creating a balanced, healthy lifestyle menu for already 4 years.

In the menu you will find the calculation of food calories, proteins, fats and carbohydrates.

APPETIZERS

TOMATO BRUSCHETTA/ 1000 ₪

2 pieces of bruschetta with tomatoes, basil
(kcal. 474, protein 20, fat 26, carbs 40)

AVOCADO BRUSCHETTA / 1700 ₪

2 pieces of bruschetta with cherry tomatoes, rucola, avocado
(kcal. 462, protein 12, fat 26, carbs 45)

SALMON BRUSCHETTA 2500 ₪

2 pieces of bruschetta, lemon, salmon, capers
(kcal. 438, protein 21, fat 34, carbs 12)

NEW

TUNA BRUSCHETTA / 2800 ₪

2 pieces of bruschetta, tuna, avocado
(kcal. 315, protein 4.7, fat 23, carbs 21)



NEW BREAKFAST WITH ASPARAGUS

BREAKFAST

SCRAMBLED EGGS WITH TOMATO / 1400 ₺

tomato, eggs
(kcal. 520, protein 12, fat 52, carbs 1)

OAT FLAKES PORRIDGE 800 ₺

(kcal. 439, protein 8, fat 3, carbs 100)
BANANA / 200 (+ kcal. 105)
STRAWBERRY 400 (+ kcal. 16)
DRIED FRUITS/ 400 (+ kcal. 105)
NUTELLA/ 800 (+ kcal. 223)
COCONUT FLAKES / 200 (+ kcal. 83)
NUTS / 500 (+ kcal. 330)

OMELETTE 1000 ₺

(kcal. 205, protein 12, fat 17, carbs 1)
MUSHROOM / 400 (+ kcal. 102)
BROCCOLI / 400 (+ kcal. 33)
CHEESE / 400 (+ kcal. 129)
SPINACH / 400 (+ kcal. 35)

BENEDICT WITH AVOCADO/ 2800 ₺

poached eggs, avocado, rucola
(kcal. 626, protein 12, fat 42, carbs 50)

AMERICAN BREAKFAST/ 2800 ₺

eggs, avocado, red beans, quinoa
(kcal.490, protein 13, fat 22, carbs 60)

TORTILLA BREAKFAST / 2800 ₺

tortilla, eggs, avocado
(kcal. 548, protein 6, fat 36, carbs 50)

NEW

BREAKFAST WITH ASPARAGUS / 2200 ₺

eggs, asparagus, parmesan
(kcal. 390, protein 19, fat 34, carbs 2)

BREAKFAST WITH SALSA SAUCE / 2000 ₺

eggs, salsa sauce
(kcal. 338, protein 15, fat 31, carbs 2)

service fee 10%



NEW TUNA SALAD

SALADS

QUINOA SALAD / 2600 ₪

roasted vegetables, quinoa, feta
(kcal. 256, protein 6, fat 33, carbs. 39)

BROCCOLI SALAD/ 2600 ₪

broccoli, cherry tomatoes, feta mousse
(kcal. 291, protein 9, fat 27, carbs 3)

GREEK SALAD / 2500 ₪

fresh vegetables, feta
(kcal. 359, protein 7, fat 35, carbs 4)

TABBOULEH WITH QUINOA / 2500 ₪

quinoa, dried tomatoes, feta
(kcal. 429, protein 2, fat 33, carbs 31)

CAESAR SALAD/ 2700 ₪

grilled chicken breast, parmesan, cherry tomatoes,
lettuce, common quail eggs
(kcal. 689, protein 49, fat 23, carbs 71)

PROVENCAL SALAD / 3200 ₪

fresh vegetables, mix greens, beef filet
(kcal. 307, protein 23, fat 21, carbs 6)

CHICKEN AVOCADO SALAD / 3800 ₪

grilled chicken breast, mix greens, avocado
(kcal. 416, protein 43.5, fat 26, carbs 2)

NEW

BUCKWHEAT AVOCADO SALAD / 2200 ₪

buckwheat, avocado, asparagus, tomatoes
(kcal. 502, protein 3, fat 30, carbs 55)

TUNA SALAD / 4000 ₪

tuna, avocado, cherry tomatoes,
common quail eggs,
spinach, cucumber
(kcal. 451, protein 22, fat 39, carbs 2)

PEAS SALAD / 2200 ₪

peas, avocado, batata, cherry
tomatoes, cucumber
(kcal. 410, protein 4, fat 34, carbs 24)

RED BEANS AVOCADO SALAD / 2200 ₪

avocado, red beans, spinach,
cherry tomatoes, cucumber
(kcal. 288, protein 3, fat 24, carbs 15)

STEAK SALAD / 3000 ₪

beef filet, grilled vegetables, rucola, spinach
(kcal. 299, protein 18, fat 23, carbs 15)

CAESAR SALAD WITH SHRIMP/ 3400 ₪

shrimp, parmesan, cherry tomatoes, lettuce
(kcal. 484, protein 23, fat 35, carbs 54)

SHRIMP SALAD / 4000 ₪

shrimp, avocado, parmesan, cherry tomatoes
(kcal. 428, protein 22, fat 40, carbs 5)

service fee 10%



NEW TUNA SANDWICH

SANDWICHES | BURGERS

AVOCADO SANDWICH / 2600 ₺

black seed bread, avocado, feta, spinach
pesto sauce,
(kcal. 766, protein 7, fat 50, carbs 72)

CHICKEN SANDWICH / 3000 ₺

black seed bread, chicken breast, avocado,
strained armenian yogurt, spinach
(kcal. 967, protein 43, fat 55, carbs 75)

CLASSIC BURGER / 2800 ₺

beef, pickled, tomato, lettuce,
(kcal. 954, protein 40, fat 54, carbs 77)

CHEESEBURGER / 3000 ₺

beef, pickled, tomato, lettuce, cheese
(kcal. 1120, protein 40, fat 72, carbs 78)

CHICKEN BURGER / 2100 ₺

chicken breast, pickled, cherry tomato, lettuce
(kcal. 662, protein 42, fat 22, carbs 74)

STEAK SANDWICH/ 3200 ₺

black seed bread, beef filet, cheese sauce,
pickled, dried tomatoes
(kcal. 548, protein 22, fat 20, carbs 70)

NEW

TUNA SANDWICH / 3500 ₺

black seed bread, tuna, avocado, tomato, spinach
(kcal. 570, protein 19, fat 42, carbs 30)

TURKEY WRAP / 2800 ₺

turkey breast, celery flat bread, avocado,
strained armenian yogurt,
(kcal. 393, protein 39, fat 9, carbs 52)

CHICKEN WRAP / 2400 ₺

celery flat bread, chicken breast, avocado,
fetta, strained armenian yogurt,
(kcal. 614, protein 46, fat 34.5, carbs 30)

BEEF WRAP / 2800 ₺

celery flat bread, beef filet, eggplant, cabbage,
strained armenian yogurt
(kcal. 382, protein 29, fat 6, carbs 53)

service fee 10%



NEW SPINACH PASTA

PASTA

CHICKEN AND ALMOND PASTA / 2800 ₺

chicken breast, almond sauce, parmesan cheese
(kcal. 1053.2, protein 34.5, fat 68.8, carbs 74)

CARBONARA / 2700 ₺

bacon, sauce, parmesan
(kcal. 833.4, protein 21.8, fat 51.8, carbs 70)

ASIAN NOODLES / 2500 ₺

rice, noodles, chicken breast, vegetables
(kcal. 593, protein. 25, fat. 21, carb. 76)

NEW

SPINACH PASTA / 2100 ₺

cream, spinach, parmesan
(kcal. 780, protein 18, fat 44, carbs 78)

SHRIMP PASTA / 3800 ₺

shrimp, cream, broccoli, parmesan
(kcal. 605, protein 14, fat 29, carbs 72)

SALMON PASTA / 4000 ₺

salmon, sauce, spinach, parmesan
(kcal. 803, protein 25.5, fat 45, carb. 74)



NEW OSTRICH STEAK

HOT DISHES

STEAK WITH VEGETABLES / 5500 ₺

beef filet, grilled vegetables
(kcal. 668, protein 47, fat 52, carbs 3)

CHICKEN BREAST WITH CASHEW SAUCE / 2800 ₺

cashew sauce, chicken breast, grilled vegetables
(kcal. 417, protein 51, fat 21, carbs 6)

GRILLED CHICKEN BREAST / 1800 ₺

(kcal. 419, protein 50, fat 23, carbs 3)

CHICKEN CURRY / 2800 ₺

curry sauce, chicken breast, quinoa, cauliflower
(kcal. 588, protein 51, fat 21, carbs 47)

TURKEY BREAST WITH QUINOA / 3600 ₺

turkey breast, roasted vegetables, quinoa, cheese sauce
(kcal. 581, protein 50, fat 25, carbs 39)

GRILLED SALMON / 6500 ₺

salmon, grilled vegetables
(kcal. 347, protein 46, fat 31, carbs 4)

NEW

TURKEY BREAST / 2200 ₺

(kcal. 684, protein 50, fat 40, carbs 1)

CHICKEN BREAST WITH LEMON / 3500 ₺

chicken breast, batata, asparagus
(kcal. 878, protein 50, fat 22, carbs 120)

CHICKEN BREAST WITH SALSA SAUCE / 2600 ₺

salsa sauce, chicken breast, tomato, jalapeno
(kcal. 420, protein 55, fat 13, carbs 2)

OSTRICH STEAK / 6500 ₺

ostrich filet, rucola
(kcal. 572, protein 50, fat 42, carbs 1)

TUNA STEAK / 5000 ₺

tuna, lemon, rucola
(kcal. 452, protein 55, fat 24, carbs 4)

service fee 10%



NEW PUMPKIN CINNAMON SOUP

SOUPS

LEMON CHICKEN SOUP / 1800 ₺

chicken breast, vegetables, spiced, lemon
(kcal 608, protein 42, fat 44, carbs 11)

DETOX BROCCOLI SOUP / 1800 ₺

broccoli, coconut milk
(kcal. 487, protein 19, fat 27, carbs 42)

MUSHROOM SOUP WITH PROSCIUTTO/ 2000 ₺

cream, mushroom, crispy prosciutto
(kcal. 260,5, protein 8,5, fat 24.58, carbs 1,5)

GRILLED VEGETABLES SOUP/ 1500 ₺

mushroom, pumpkin, sweet pepper, spinach
(kcal. 564, protein, 5, fat. 48, carbs 28)

NEW

RED CABBAGE SOUP / 1500 ₺

red cabbage, cream, ginger, chia seeds
(kcal. 275, protein 3, fat 27, carbs 5)

ASPARAGUS SOUP / 2000 ₺

asparagus, coconut milk, spinach
(kcal. 208, protein 3, fat 22, carbs 3)

PUMPKIN CINNAMON SOUP / 1800 ₺

pumpkin, cinnamon, coconut milk, pumpkin seeds
(kcal. 675, protein 4, fat 67, carbs 14)

service fee 10%

SAUCE

PEPPER / 400 ₺

(kcal. 209, protein 1.7, fat 15.4, carbs 3.8)

SOYA/ 400 ₺

(kcal. 18 , protein 2.5 , fat 0.2, carbs 1.6)

CHILI / 400 ₺

(kcal. 45, protein 0.36, fats 0.15, carbs 11)

PESTO / 400 ₺

(kcal. 98.1, protein 2.3, fat 9.4, carbs 0.9)

CHEESE/ 400 ₺

(kcal. 109,4, protein 5.6, fat 8.7 carbs 2)

CHEESE HOT/ 600 ₺

(kcal 335, protein 12.5, fat 28.5, carbs 7.35)

MUSHROOM / 600 ₺

(kcal. 114, protein 3.7, fat 8, carbs 3.4)

CASHEW/ 600 ₺

(kcal. 60.6, protein 1.4, fat 4.4, carbs 7.4)

SIDES

RICE / 700 ₺

(kcal. 304, protein 3, fat 20, carbs 20)

WILD RICE / 1300 ₺

(kcal. 468, protein 2, fat 20, carbs 70)

BUCKWHEAT / 700 ₺

(kcal. 432, protein 8, fat 20, carbs 55)

GRILLED VEGETABLES / 1200 ₺

(kcal. 224, protein 1, fat 20, carbs 5)

BROCCOLI / 900 ₺

(kcal. 252, protein 5, fat 22, carbs 13)

BUCKWHEAT NOODLES / 1000 ₺

(kcal. 308, protein 4, fat 20, carbs 28)

QUINOA / 1400 ₺

(kcal. 360, protein 6, fat 24, carbs 30)

POTATO PUREE / 800 ₺

(kcal. 504, protein 1, fat 20, carbs 80)

ROASTED POATAO / 900 ₺

(kcal. 684, protein 4.1, fat 40, carbs 80)

BATATA / 1800 ₺

(kcal. 444, protein 6, fat 20, carbs 60)

ASPARAGUS / 1500 ₺

(kcal. 222, protein 4, fat 2.2, carbs 4)

GREEN BEANS / 1000 ₺

(kcal. 242, protein 4, fat 22, carbs 7)

service fee 10%



*Food should be both tasty
and healthy.*

*That's exactly what we make
for you with love.*



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