

## Beverages & Desserts

**Healthy Juices**

CARROT & APPLE JUICE	19.95
LEMON & APPLE JUICE	19.95
CARROT, APPLE & GINGER	19.95
THE GRINCH (Lemon, Mint, Cucumber)	19.95

**Cheese Cake**  
Strawberry, Saffron, Oreo & Latos

15.75 AED/piece

**Smoothies**

RASPBERRY LOVE (RASPBERRY, BLUEBERRY, BANANA)	25.00
MANGO PASSION (MANGO, PASSION FRUIT, PINEAPPLE)	25.00
ACAI KICK (ACAI, BLUEBERRY, MANGO, BANANA)	25.00
BEAT THE HEAT (BEETROOT, GINGER, PINEAPPLE, BLUEBERRY)	25.00
GREEN BOOSTER (BROCCOLI, SPINACH, CELERY, MANGO, BANANA, PINEAPPLE)	25.00
BLACK FOREST (BLACKCURRANT, CHERRY, BLUEBERRY, BLACKBERRY, ACTIVATED CHARCOAL)	25.00
BLISSFULLY BLUE (BLUE SPIRULINA, MANGO, BANANA, RASPBERRY, COCONUT)	25.00

**Milkshakes**

BANANA & CARAMEL (BANANA, CARAMEL, VANILLA)	25.00
STRAWBERRY & WHITE CHOCOLATE (STRAWBERRY, WHITE CHOCOLATE, VANILLA)	25.00
CHOCOLATE (CHOCOLATE, VANILLA)	25.00

**Frappes**

MATCHA (MATCHA, VANILLA)	25.00
COLD BREW COFFEE (COLD BREW COFFEE, VANILLA)	25.00
COFFEE CARAMEL (COLD BREW COFFEE, CARAMEL, VANILLA)	25.00
MOCHA (COLD BREW COFFEE, CHOCOLATE, VANILLA)	25.00

**Ice Cream**

LIGHT WHEY (Vanilla, Strawberry, Caramel, Chocolate)	18.90
VANILLA ALMOND	15.75

**fizzy Drinks**

COLA	5.25
COLA ZERO	5.25
COLA LIGHT	5.25
Sprite	5.25
Sprite Zero	5.25
GINGER ALE	5.25
FANTA	5.25
TONIC WATER	5.25
WATER	3.15

**Certified Angus Beef® Brand**

# fresh & light.™ RESTAURANT

## THE DAILY MENU

[freshandlight.co](http://freshandlight.co) [@freshandlight.co](https://www.instagram.com/freshandlight.co/) [talabat.com](http://www.talabat.com) [www.freshandlight.co](http://www.freshandlight.co)

اختر نوع الخبز المفضل لديك من ضمن الخيارات المتوفّلة، الخبز الأحمر، الخبز النخالة والخبز الأبيض

Daily Fresh Baked Bread

صلصات فرش آند لایت المميزة  
Fresh & Light Signature Sauces ... Worth Trying

لذيذ و صحي Healthy yet Delicious

ALL PRICES ARE INCLUSIVE OF VAT

HEALTHY BREAKFAST

HEALTHY SALADS

BURGERS

HEALTHY JUICES

GRILLED SANDWICHES

RICE CORNER

DESSERTS

HOT BEVERAGES

BRANCHES:

ABU DHABI

Khalifa City A- Main Branch  
مکانیت خلیفہ اے  
Opp. Al Fursan Int'l. Sports Resort  
電話: ٠٢-٤٤١٥٨٠٩  
العنوان: شارع المقرن  
電話: ٠٢-٥٦٢٠٢٦

أبوظبي

Asharej Branch  
فرع شارع  
العنوان: فرع شارع  
電話: ٠٣-٧٦٦١٦٦١

العين

Muroor Road  
شارع المروء  
電話: ٠٢-٥٦٢٠٢٦

RAS AL KHAIMAH

Corniche Al Qawasim St.  
شارع كورنيش القواسم  
電話: ٠٧-٢٢٣٩٩٩٢

للملاحظات والاقتراحات For Suggestions and feedback  
電話: ٠٥٥-٥٥٦٣٣٩٢



## Salads



GREEK SALMON SALAD



SHRIMP CAESAR SALAD



REFRESHING SALAD



GRILLED HALLOUMI SALAD

**CHICKEN AVOCADO SALAD** ..... 29.40 ..... سلطة افوكادو مع دجاج  
Fresh Chicken, Lettuce, Apple, Redgrapes, Celery, Mixed with Avocado Mayo Dressing  
(Protein 29.4g, Carbs 33.6g, Fats 3.6g, Kcal 296)

**CAESAR SALAD CHICKEN/SHRIMP** ..... 29.40/33.60 ..... سلطة سيزر مع دجاج / روبيان  
Lettuce, Croutons Bread, Parmesan Cheese, Shrimps/chicken, Mixed With Homemade Caesar Dressing  
(Protein 20.4g, Carbs 3.3g, Fats 17.6g, Kcal 235.6)

**CHICKEN TACO SALAD** ..... 28.35 ..... سلطة تاكو مع دجاج  
Fresh Chicken, Tacos Seasoning, Garlic, Lettuce, Avocado, Tomatos, White Onion, Mixed with Home Made Cilantro Sauce  
(Protein 29.7g, Carbs 9.9g, Fats 7.4g, Kcal 225)

**GRILLED HALLOUMI SALAD** ..... 28.35 ..... سلطة حلومي المشوية  
Rocca, Halloumi Cheese, Yellow Pepper, Green Pepper, Walnut, Baby Tomato, Mixed with Italian Sauce  
(Protein 17.6g, Carbs 8.4g, Fats 21g, Kcal 292.2)



LEMON GARLIC CHICKEN SALAD

**LEMON GARLIC CHICKEN SALAD** ..... 29.40 ..... سلطة الدجاج بالثوم والليمون  
Lettuce, Olives, Cherry Tomato, Shredded Carrot, Chicken Marinated with lemon Garlic Sauce, Mixed with Italian Sauce  
(Protein 18.9g, Carbs 26.5g, Fats 10.8g, Kcal 280)

**LOW CARB TUNA SALAD** ..... 27.30 ..... سلطة تونة لو كارب  
Tuna, Celery Stick, White Onion, Celery Seed, Mixed with Home Made Sauce  
(Protein 18.5g, Carbs 7.5g, Fats 5.5g, Kcal 153.5)

**MEDITERRANEAN SALAD** ..... 26.25 ..... سلطة ميدiterranien  
Chickpeas, Red Pepper, White Onion, Cucumber, Tomato, Olives, Pomegranate, Mixed with Home Made Vinaigrette Sauce  
(Protein 4.4g, Carbs 25g, Fats 3.2g, Kcal 146.4)



LOW CARB TUNA SALAD

**GREEK SALMON SALAD** ..... 47.25 ..... سلطة يونانية مع السلمون  
Salmon, Lettuce, Tomato, Cucumber, Fennel, Feta Cheese Mixed With Home Made Greek Sauce  
(Carbs 9.2g, Protein 32.4g, Fats 13g, Kcal 283.4)

**REFRESHING SALAD** ..... 30.45 ..... سلطة ريفريشينج  
Walnuts, Pomegranate, Feta cheese, Cranberries, Pears, Baby Spinach, Mixed with Home Made Special Sauce  
(Protein 10.4g, Carbs 14.9g, Fats 21g, Kcal 290.2)

**ISLAND SALAD** ..... 29.40 ..... سلطة ايلاند  
Broccoli, Beef Bacon, Almonds Fresh, Onion Leaves, Celery Stick, Red Grapes, Mixed with Special Home Made Island Sauce  
(Protein 14.5g, Carbs 34.2g, Fats 13.7g, Kcal 304.4)



CHICKEN AVOCADO SALAD



MEDITERRANEAN SALAD



ISLAND SALAD



## Catering Services



# Catering Services

**WE DO IT ALL**

BIRTHDAY PARTY, ANNIVERSARIES  
SHOWERS, SPECIAL OCCASIONS, EVENTS



يلبي مطعم فرش آند لايتس جميع متطلباتك المتعلقة بالطعام بداعي من الفعاليات المؤسسة و التجمعات العائلية وأحداث اعياد الميلاد أو أي مناسبات أخرى.

يمكننا تخصيص القائمة لتناسب حذتك و ميزانيتك ، لدينا فريق مختلط و مدرب طهي مباشرة و خدمات متعددة لجعلها أ جواء ودية و ذكري رائعة .



**BOOK US FOR YOUR NEXT EVENT**  
**ABU DHABI:** ☎ 02-4441458 / 052-4443201  
**AL AIN:** ☎ 03-7661661 / 052-2220341



## اشتراك الوجبات الصحية Healthy Meal Prep



### HEALTHY MEAL PREP BY FRESH & LIGHT

"It's not a short term diet  
It's a long term lifestyle change"

GO NAME    RUNNING TRACK    GREEN LEAF  
go + + =

ابداً دايت بالخطوات التالية  
Start your diet with few tips



الحصول على تقييم جسمك الكامل  
Get a full body analysis assessment



اختر خطة مخصصة لك مع اخصاصي التغذية  
Choose your tailor-made lifestyle plan with the dietitian



اختر على وجباتك من قائمة الطعام المتنوعة!  
Pick up your meals from our varied menu



توصيل الوجبة يومياً  
Daily meal box delivery



متابعة على صحتك  
Follow up sessions

للاشتراك أو الاستفسار:

**ABU DHABI:** ☎ 02-4441458 / 052-4443201

**AL AIN:** ☎ 03-7661661 / 052-4443201



### What is GO?

GO is a concept created with all the right ingredients dedicated to help customers achieve and maintain a healthy lifestyle through educated food choices, & by providing customised meal packages that are results-oriented, convenient and flavourful.

مفهوم جديد تمت صياغته من أفضل المكونات والعناصر، يهدف إلى خدمة المجتمع في الحفاظ على أسلوب حياة صحي عن طريق تقديم برامج غذائية مدروسة و مصممه بعناية لتوافق مع جميع الاحتياجات والأذواق.



PANCAKE ..... 275 KCAL



WAFFLES ..... 197 KCAL



EGG BENEDICT ..... 288 KCAL



WHITE EGG SPINACH ..... 278 KCAL



GRANOLA ..... 161 KCAL



CHIA OATS PUDDING ..... 23.10 ..... (Protein 8.8g, Carbs 15.6g, Fats 8.8g, Kcal 197)



BANANA OATS PANCAKE ..... 25.20 ..... (Protein 6.2g, Carbs 37g, Fats 5.2g, Kcal 275)



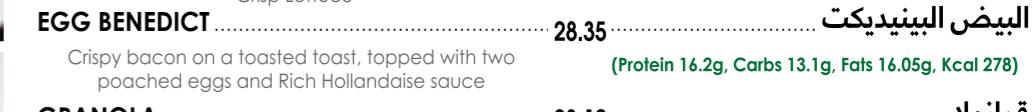
OMELETTE SANDWICH ..... 24.15 ..... (Protein 24.5g, Carbs 39.6g, Fats 16.8g, Kcal 384)



WHOLE WHEAT PANCAKES WITH BANANAS ..... 25.20 ..... (Protein 13.9g, Carbs 66.5g, Fats 6.5g, Kcal 275)



WHITE EGG SPINACH ..... 28.35 ..... (Protein 16.5g, Carbs 15.2g, Fats 4.5g, Kcal 161)



GRILLED HALLOUMI BURRITO ..... 25.20 ..... (Protein 16.1g, Carbs 19.4g, Fats 19.4g, Kcal 316)



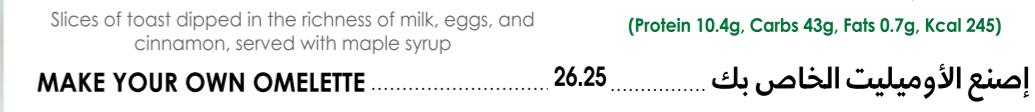
MORNING CLUB HOUSE ..... 25.20 ..... (Protein 24.8g, Carbs 41g, Fats 15.8g, Kcal 380)



EGG BENEDICT ..... 28.35 ..... (Protein 16.2g, Carbs 13.1g, Fats 16.05g, Kcal 278)



GRANOLA ..... 23.10 ..... (Protein 5.3g, Carbs 48.6g, Fats 3.8g, Kcal 235)



AVOCADINA ..... 28.35 ..... (Protein 26.5g, Carbs 41.4g, Fats 18g, Kcal 406)



TURKEY & EGG MELT ..... 25.20 ..... (Protein 23.1g, Carbs 42.4g, Fats 7.2g, Kcal 303)



COUNTRY OMELETTE ..... 27.30 ..... (Protein 13.7g, Carbs 14.3g, Fats 1.4g, Kcal 119)



FRENCH TOAST ..... 28.35 ..... (Protein 10.4g, Carbs 43g, Fats 0.7g, Kcal 245)



MAKE YOUR OWN OMELETTE ..... 26.25 ..... (Protein 13.4g, Carbs 16.4g, Fats 4.8g, Kcal 207)



WAFFLES ..... 26.25 ..... (Protein 14.1g, Carbs 45g, Fats 6.1g, Kcal 288)

10

3

# Chilli Chilli



**SHRIMP TACOS** ..... 31.50 ..... تاكو مع روبيان  
 Grilled Shrimp, Paprika, Ranch, Red Cabbage, Jalapino Powder, Taco Degalo  
 (Protein 30.1g, Carbs 10.6g, Fats 10.6g, Kcal 270.6)

**CHICKEN TACOS** ..... 30.45 ..... تاكو مع دجاج  
 Shredded Lettuce, Shredded Cheese, Carrots, Chicken Strips, Tacos Degalo  
 (Protein 37.3g, Carbs 13.7g, Fats 11.1g, Kcal 303.9)

**BEEF TACOS** ..... 30.45 ..... تاكو مع لحم  
 Beef Steak, Taco Degalo, Shredded Cheese, Shredded Lettuce, Shredded Carrot, Pickles, Jalapeno, Ranch Sauce  
 (Protein 38g, Carbs 14g, Fats 15g, Kcal 350)

**CHICKEN AVOCADO WRAP** ..... 31.50 ..... راب افوكادو مع دجاج  
 Chicken Breast, Taco Seasoning, Avocado, Mozzarella, Sour Cream, Ranch, Cilantro  
 (Protein 38.4g, Carbs 13.5g, Fats 16.7g, Kcal 357.9)

**QUESADILLA** ..... 28.35 ..... كاسيديلا  
 Shredded Cheese, Chicken Strips, Tacos Degalo  
 (Protein 37.3g, Carbs 13.7g, Fats 11.1g, Kcal 303.9)

**BURRITO** ..... 26.25 ..... بوريتو  
 3 PCS Egg, Taco Degalo, Shredded Cheese, Mayo Sauce  
 (Protein 35g, Carbs 14g, Fats 11.6g, Kcal 283)

**MEXICAN TREATS**

# Burgers

"a real taste of  
Angus beef burgers"



## HEALTHY CHICKEN BURGER



**BRONX BEEF BURGER** ..... 33.60 ..... برج دجاج الصحي  
 Chicken Patty, Onion Leaves, Carrots, Onion, Lettuce, Pickles, Cucumber, Tomato, Mayonnaise  
 (Protein 33.8g, Carbs 25.5g, Fats 7.7g, Kcal 320.3)

**SPICY BEEF BURGER** ..... 36.75 ..... برج اللحم الحار  
 Beef Patty, Oakleaf Lettuce, Pickles, Jalapeno, Grilled Onion, W/Y Cheese, F&L Hot Sauce  
 (Protein 27g, Carbs 25g, Fats 34g, Kcal 530)

**PESTO BURGER** ..... 33.60 ..... بستو برج  
 Beef Patty, Garlic Paste, Mayonnaise, Pesto, Cheese, Onion, Rocca Leaves  
 (Protein 24.3g, Carbs 25.5g, Fats 33.85g, Kcal 503.85)

**DANGEROUS BEEF BURGER** ..... 37.80 ..... برج بيف دينجبروس  
 Beef Patty, Salami, Pepperoni, Oakleaf Lettuce, Pickles, Grilled Onion, W/Y Cheese, Garlic Sauce, F&L Hot Sauce  
 (Protein 26.6g, Carbs 25g, Fats 37g, Kcal 520)

**F&L SLIDERS** ..... 28.35 ..... سلايدرز فرش اند لایت  
 Mashed Beef Patty, Grilled Onion, Pickles, Green pepper, W/Y Cheese, Garlic Sauce, F&L Sauce  
 (Protein 22g, Carbs 16g, Fats 35g, Kcal 450)

**GRANDE BEEF BURGER** ..... 40.95 ..... برج لحم جراندي  
 8oz Beef Patty, Oakleaf Lettuce, Pickles, Grilled Onion, W/Y Cheese, Garlic Sauce, F&L Sauce  
 (Protein 37.3g, Carbs 22g, Fats 45g, Kcal 530)

...beat your hunger ...  
name it, after you taste it.....



## Burgers

**SIGNATURE CHEESE BURGER** ..... 37.80/43.05 ..... برج الجبن الخاص

Beef Patty X 60gm 2pcs, Lettuce Biando, Pickles, Onion, Y/W Cheese, F&L Beef Sauce  
(Protein 24.3g, Carbs 25.5g, Fats 25.9g, Kcal 450.3)

**BBQ BEEF BURGER** ..... 37.80 ..... برج لحم باربيكيو

Beef Patty, Cheese Y/W, BBQ Sauce, Black Pepper, Onion, Lettuce, Pickles  
(Protein 24.3g, Carbs 25.5g, Fats 32.5g, Kcal 491.7)

**CLASSIC CHICKEN/BEEF BURGER** ..... 30.45/32.55 ..... برج دجاج/لحم كلاسيك

Chicken/Beef, Lettuce Biando, Pickles, Onion, Y/W Cheese, F&L Beef Sauce  
(Protein 33.8g, Carbs 25.5g, Fats 7.7g, Kcal 320.3)

**HAWAIIAN BURGER** ..... 36.75 ..... برج هواين

Beef Patty, Oistersauce, Parsley, Cheese, Pineapple, Onion, Pickles, Lettuce Biando  
(Protein 25.4g, Carbs 25.5g, Fats 33.65g, Kcal 506.45)

**MINI BURGERS** ..... 30.45 ..... ميني برج

3 Choices of Beef or Chicken Patty, Lettuce, Cheese, Pickles  
(Protein 20g, Carbs 13g, Fats 31g, Kcal 390)

**TEXAS CHICKEN BURGER** ..... 36.75 ..... برج دجاج تكساس

Deepfried Marinated Chicken Breast, Oakleaf Lettuce, Pickles, Y/W Cheese, Garlic Sauce, F&L White Sauce  
(Protein 37g, Carbs 27g, Fats 8.5g, Kcal 380.7)

**SIGNATURE CHEESE BURGER**



## Rice Corner

**CHICKEN TIKKA**



**BEEF BROCCOLI**



**GRILLED SALMON**



**LEMON GARLIC CHICKEN**



**CHICKEN TIKKA**

30.45 ..... دجاج التكا

90g Chicken Marinated with Tikka Flavours , 150g Rice, Cilantro, Garlic, Lemon Juice, Lemon Zest  
(Protein 29.9g, Carbs 34.5g, Fats 3.2g, Kcal 286.5)

**CHICKEN TERIYAKI**

30.45 ..... دجاج ترييكي

150g Rice, Mix Vegetables, 90g Fresh chicken marinated with Teriyaki Sauce  
(Protein 29.9g, Carbs 34.5g, Fats 3.2g, Kcal 270)

**BEEF BROCCOLI**

33.60 ..... بيف بروكولي

90g Fresh Beef Marinated With Oyster Sauce, Broccoli, 150g Rice, Cilantro, Garlic, Lemon Juice, Lemon Zest  
(Protein 21.6g, Carbs 34.5g, Fats 22.1g, Kcal 430)

**LEMON GARLIC CHICKEN**

30.45 ..... دجاج بالثوم والليمون

90g Chicken Strips Marinated With Teriyaki Sauce, 150g Rice, Cilantro, Garlic, Lemon Juice, Lemon Zest  
(Protein 31.1g, Carbs 34.5g, Fats 4.6g, Kcal 311.8)

**BURRITO**

29.40 ..... بوريتتو

Turkey, Onion Powder, Oregano, Paprika, Tomato Sauce, Chick Peas, Corn, 150g Rice, Cilantro, Garlic, Lemon Juice, Lemon Zest  
(Protein 30.8g, Carbs 34.5g, Fats 4.3g, Kcal 307.8)

**GRILLED SALMON**

47.25 ..... السلمون المسموي

150g Rice, Cilantro, Garlic, Lemon Juice, Lemon Zest, 90g Grilled Salmon  
(Protein 37g, Carbs 34.5g, Fats 4.7, Kcal 378)

**FRESH CHICKEN RICE**

30.45 ..... الدجاج الطازج

150g Rice, Mix Vegetables, 90g Grilled fresh chicken  
(Protein 31.1g, Carbs 34.5g, Fats 3.5g, Kcal 297)

Healthy Brown Rice is Available

**BURRITO**

307 ..... Fresh Chicken Rice

150g Rice, Cilantro, Garlic, Lemon Juice, Lemon Zest, 90g Grilled Salmon  
(Protein 37g, Carbs 34.5g, Fats 4.7, Kcal 378)

**FRESH CHICKEN RICE**

297 ..... Fresh Chicken Rice

