

a tribute to all the cultures of the world...  
... a FIG tribute to

# GERMANY

“He who has a why to live can bear almost any how.”

Friedrich Nietzsche



Friedrich Nietzsche



OCTOBER 2021

## BLUE FIG

A culture within all cultures



## OKTOBERFEST

Oktoberfest is a 16-day festival held annually in Munich, Bavaria, Germany, running from late September to the first weekend in October. It is one of the most famous events in Germany and is the world's largest fair, with more than 6 million people from around the world attending the event every year to descend on the beer tents of Munich to celebrate the 16-day Oktoberfest extravaganza. The Oktoberfest is an important part of Bavarian culture, having been held since 1810.

It originally started when Prince Ludwig, later to become King Ludwig I, was married to Princess Therese of Saxe-Hildburghausen on October 12, 1810. The citizens of Munich were invited to attend the festivities held on the fields in front of the city gates to celebrate the happy royal event. The fields were named Theresienwiese ("Theresa's meadow") in honor of the Crown Princess, and have kept that name ever since, although the locals have since abbreviated the name simply to the "Wies'n". The festival was eventually prolonged and moved ahead to September to allow for better weather conditions.

Oktoberfest is known as much for its traditional folk music as it is for its beer drinking. Popular and folk music, marches, and polkas make up the oompah music Germany is stereotypically famous for around the world. As the evening wears on, the music becomes louder and more and more people begin to sing, linking arms and swinging beer mugs from side to side, some standing and swaying and dancing on benches or tables. Before each break, the band will offer up "ein Prosit der Gemütlichkeit", a toast to contentment, congeniality, and relaxation.



© Rochelle, just rochelle

The Oktoberfest celebrated its 200th Anniversary in 2010, only Wars and cholera epidemics have briefly interrupted the yearly beer celebration.

<https://bit.ly/39jCIPJ>



## BLUE FIG CRUSTS

The artisan bakery where every flavor has a story.



AMMAN - ABDOUN/SWEIFIEH

06- 592 8800 / 06- 585 0250

f @ Follow us

View menu

## BLUE FIG CORNER

The only way to predict the future is to invent it.



AMMAN - SWEIFIEH

06- 585 0250

View menu



# BLUE FIG GOURMET

The catering culture.



AMMAN - ABDOUN

06- 585 0250 / 079 092 8800

f @ Follow us

For more info.

## BLUE FIG MOBILE APPLICATION

A Blue Fig spirit in one sanctuary!





# BLUE FIG COLLATERALS

CRAFTING EXCEPTIONAL GOODS  
FOR YOUR LIFESTYLE!



Discover more about Blue Fig's unique  
Collaterals. [For more info.](#)



Call now for delivery or pickup  
06- 592 8800 / 06- 585 0250



# TAKE & BAKE SOLUTIONS

EXPERIENCE THE JOY OF BAKING WITH  
A PROFESSIONAL BAKER RESULTS!



Discover Blue Fig's Take & Bake  
Solutions. For more info.



Call now for delivery or pickup  
06- 592 8800 / 06- 585 0250



## STAY HOME KITS

Conquer the moment with a great meal  
in a Blue Fig style.



STEAK KIT



BURGER KIT



CHICKEN KIT



PASTA KIT



Call now for delivery or pickup  
06- 592 8800 / 06- 585 0250



## TAKE & BAKE FIGZZAZ

A BALANCE OF FLAVORS & TEXTURES  
THAT MAKE EACH BITE HARMONIOUS!



FARMERS HARVEST



TUSCANY CHICKEN



SIAM CHICKEN



ITALIAN BOCCONCINI



Call now for delivery or pickup  
06- 592 8800 / 06- 585 0250



# WEIGHT WATCH PROGRAM

Health & wellness solutions through  
certified nutritionally techniques.

Healthy Breakfast  
Boiled Eggs



**Nutrition Facts**  
Serving Size (301g)  
Servings Per Container

Amount Per Serving

Calories 380    Calories from Fat 150

% Daily Value\*

Total Fat 18g    25%

Saturated Fat 7g    35%

Trans Fat 0g

Cholesterol 400mg    133%

Sodium 300mg    13%

Total Carbohydrate 36g    12%

Dietary Fiber 1g    4%

Sugars 13g

Protein 22g

Vitamin A 15%    •    Vitamin C 4%

Calcium 30%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
-----------	-------	-------

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Healthy Lunch/Dinner  
Roasted White Fish  
Female Portion



**Nutrition Facts**  
Serving Size (255g)  
Servings Per Container

Amount Per Serving

Calories 280    Calories from Fat 60

% Daily Value\*

Total Fat 6g    9%

Saturated Fat 2g    10%

Trans Fat 0g

Cholesterol 50mg    17%

Sodium 120mg    5%

Total Carbohydrate 33g    11%

Dietary Fiber 5g    20%

Sugars 5g

Protein 22g

Vitamin A 100%    •    Vitamin C 120%

Calcium 2%    •    Iron 10%


\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
-----------	-------	-------

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Mexican Salad  
Male Portion



**Nutrition Facts**  
Serving Size (250g)  
Servings Per Container

Amount Per Serving

Calories 240    Calories from Fat 180

% Daily Value\*

Total Fat 20g    31%

Saturated Fat 3g    15%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 570mg    24%

Total Carbohydrate 9g    3%

Dietary Fiber 2g    8%

Sugars 4g

Protein 2g

Vitamin A 40%    •    Vitamin C 150%

Calcium 2%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
-----------	-------	-------

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Jerash Salad  
Male Portion



**Nutrition Facts**  
Serving Size (250g)  
Servings Per Container

Amount Per Serving

Calories 250    Calories from Fat 180

% Daily Value\*

Total Fat 20g    31%

Saturated Fat 3g    15%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 810mg    25%

Total Carbohydrate 10g    3%

Dietary Fiber 3g    12%

Sugars 5g

Protein 3g

Vitamin A 130%    •    Vitamin C 40%

Calcium 6%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
-----------	-------	-------

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Discover Blue Fig's Weight Watch Program.  
For more info.



Call now for delivery or pickup  
06- 592 8800 / 06- 585 0250





# BLUE FIG

A culture within all cultures

Learn more



Health & safety measures.



Abdoun special offers.



Corner special offers.



Delivery menu.



Cafe & Bar QAIA.



Whatsapp business.



Rate us on TripAdvisor.