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

SPAIN

"Never stand begging for that which you have the power to earn." Miguel de Cervantes

JUNE 2021

BLUE FIG

A culture within all cultures

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BLUE FIG TAPAS

Tapas are essentially a style of eating rather than a form of cooking.

It means sociability, friends and family. People of a like mind talking and drinking in a relaxed atmosphere while nibbling away on little bites of intense flavor.

You can keep it simple or you can make it as complicated as you like but whichever way you prefer it, tapas is best served with an early evening drink among friends and lively company.

You will not find a more pleasurable and flavor-filled experience anywhere in the world. Wherever you live, these 'little dishes' will give you a tasty little mouthful of Spain. So sit back, take your time and enjoy your tapas to the full. There is no better way to sample the real essence of Spanish life and culture.

The origins of tapas are the subject of many an argument in the local bar. (It seems to depend on which area of Spain you are from!) It is said that the first Tapas was simply a hunk of bread which was placed over the glass to keep the flies out. Hence the word 'tapas' was born.

Tapa literally meaning 'cover' or 'lid'. In the beginning somewhere must have been the humble olive. What better accompaniment to a glass of dry fino sherry? Or perhaps some almonds; fried in olive oil, sprinkled with salt and served while they're still hot? These are the original tapas; the simplest of foods, requiring little or no preparation.

As the tradition developed, tapas became more of an elaborate event, with each region developing their own specialties. They were still 'little dishes' but the personalities of thousands of bar owners has stamped them with the identities that they have today.

It truly is heaven on a small plate! A glass of Manzanilla sherry with some salty and nutty Manchego cheese is very popular with the Spanish locals. It doesn't come much simpler and it takes some serious beating. All these wonderful flavors and we haven't even started cooking yet!

Blue Fig Sharing Bites

FIG ART

ARTIST OF THE MONTH

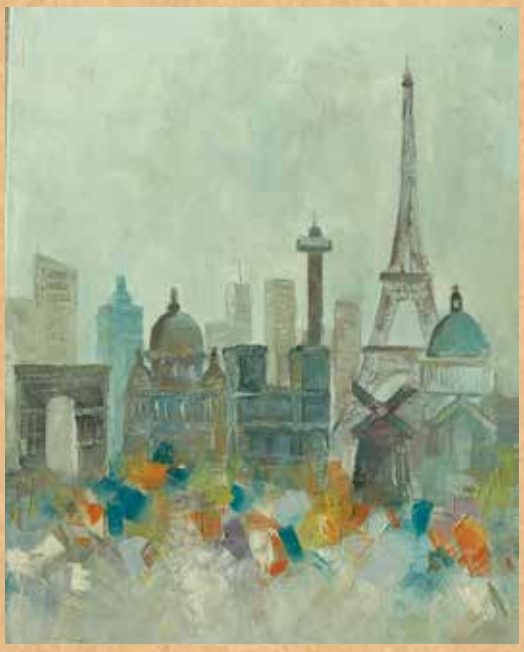
Art Biography

Lana Baqaeen is a self-taught artist whose interest in art emerged at a young age. She began her independent art journey exploring different art styles and mediums like pastels and chalk before she was introduced to oil, her favorite medium. Lana believes that the richness of oil colors, and their flexibility allows for a deeper connection and a more immersive painting experience.

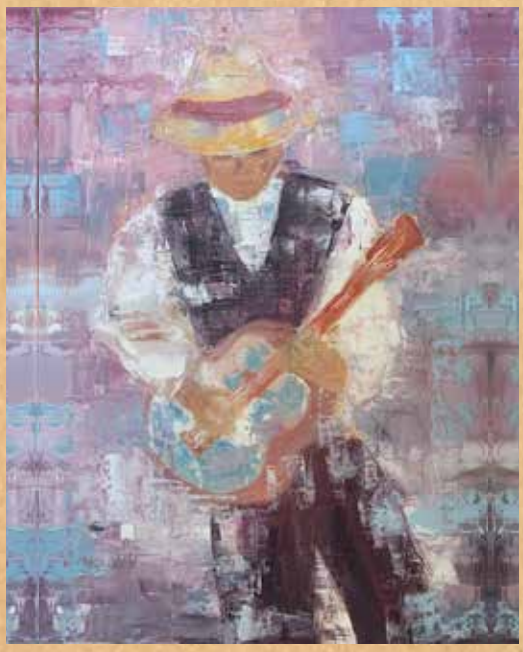
Aspiring to develop her talent, Lana attended several art courses and workshops across cities known to be hubs for art and culture such as Florence and London. She also attended the Freestyle Painting classes with the great artist Ghassan Abu Laban in Amman. Her work combines elements of abstract and expressionism, mainly using a palette knife and a brush.

VIVID
OIL ON CANVAS

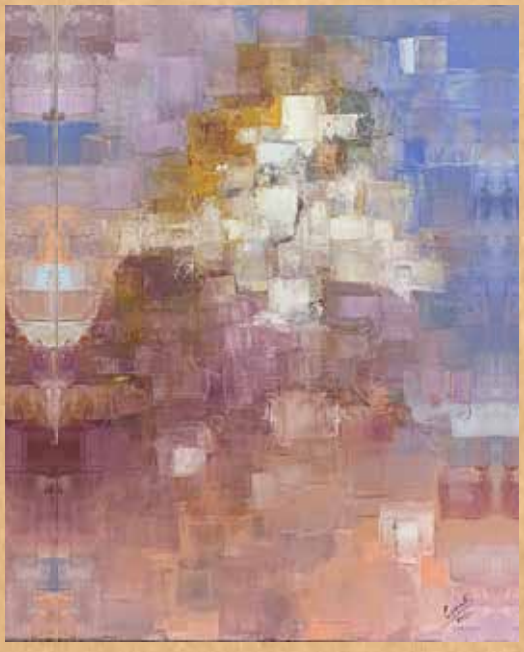
SCATTERED
OIL ON CANVAS



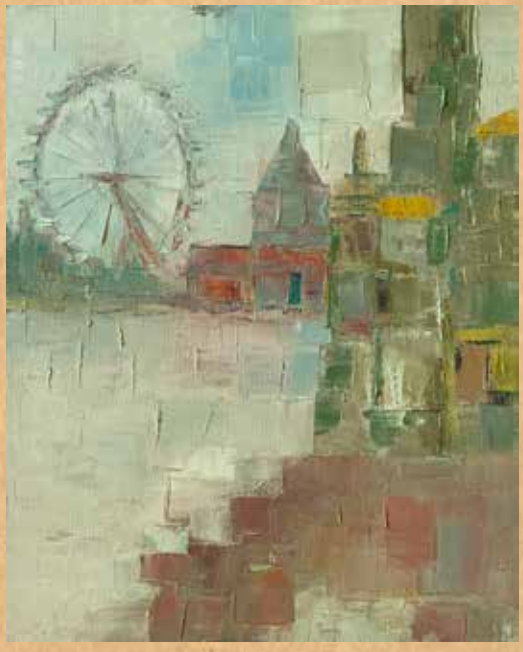
MESMERIZING PARIS
OIL ON CANVAS



FEELS
OIL ON CANVAS



FEARLESS
OIL ON CANVAS



TOWN ESCAPE
OIL ON CANVAS

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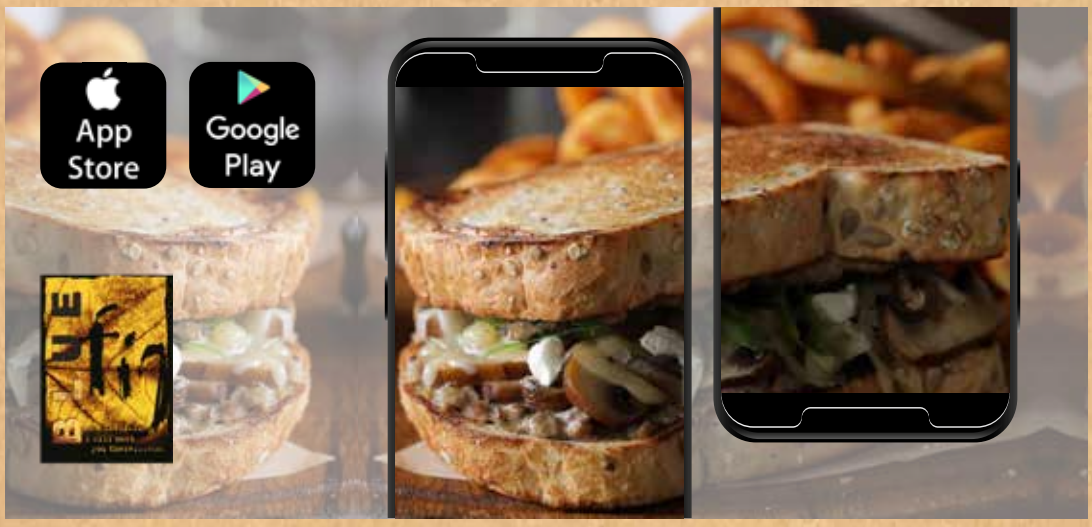
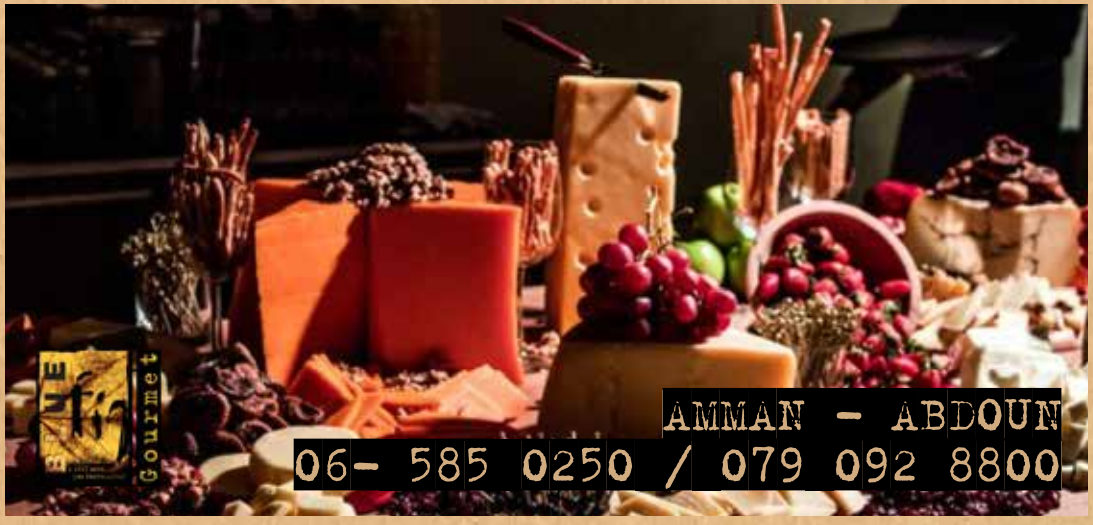
BLUE FIG MOBILE APPLICATION

A Blue Fig spirit in one sanctuary!


App Store
Google Play

BLUE FIG GOURMET

The catering culture.


Gourmet
AMMAN - ABDOUN
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Follow us

For more info.

BLUE FIG CORNER

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


Corner
AMMAN - SWEIFIEH
06- 585 0250

View menu

BLUE FIG CRUSTS

The artisan bakery where every flavor has a story.


Crusts
AMMAN - ABDOUN/SWEIFIEH
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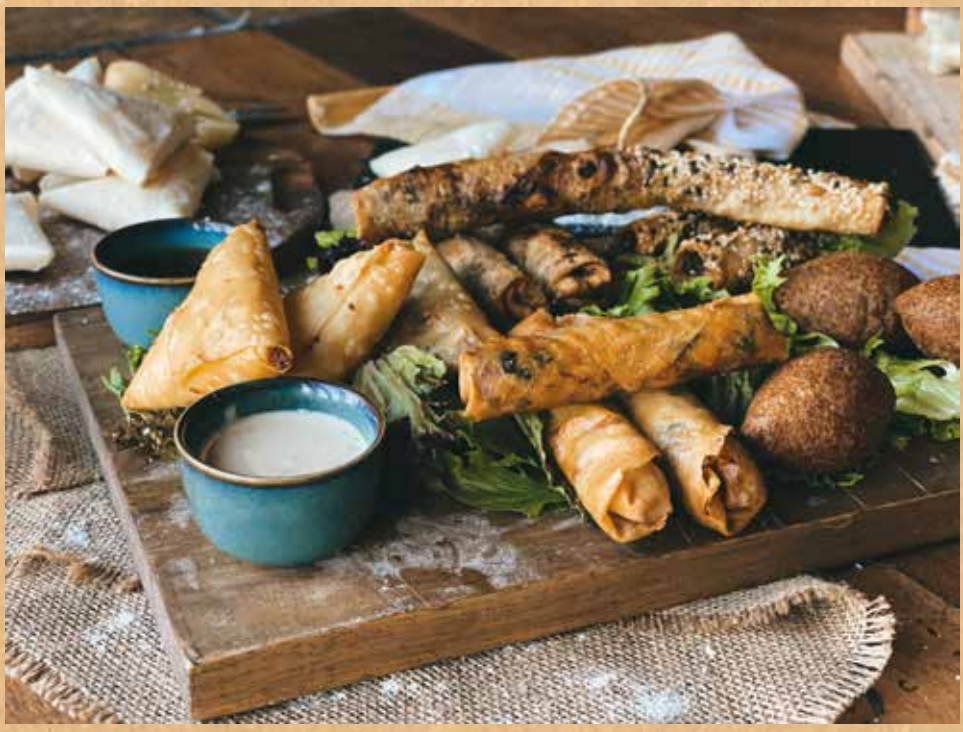
View menu

BLUE FIG'S SHARING BITES

"GOURMET HAND-CRAFTED APPETIZERS"

The Ultimate Sharing Experience!



Discover Blue Fig's Sharing Bites.

For more info.

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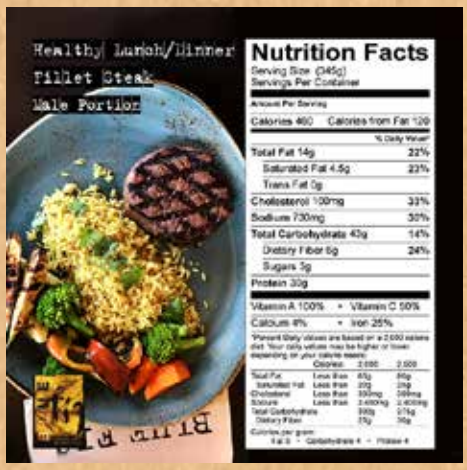
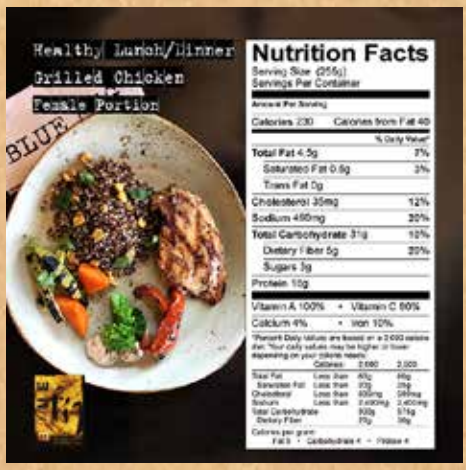
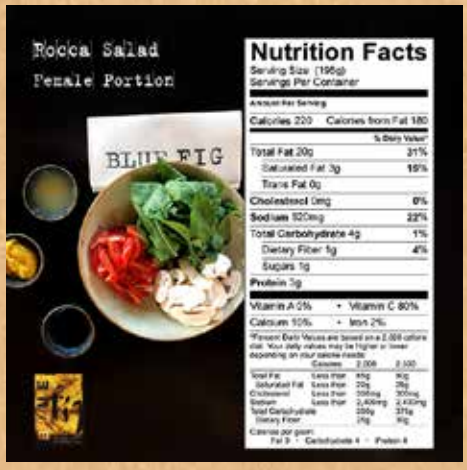
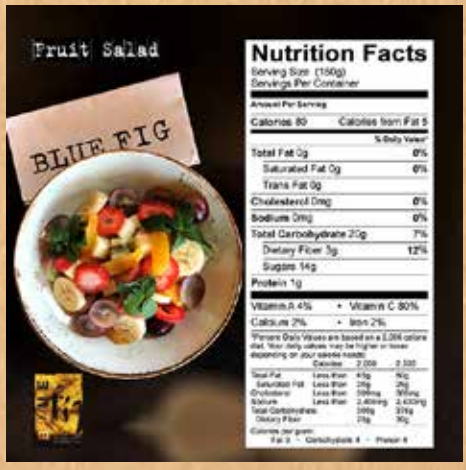
WEIGHT WATCH PROGRAM

Health & wellness solutions through certified nutritionally techniques.


Healthy Lunch/Dinner
Fillet Steak
Male Portion
Nutrition Facts
Serving Size (345g)
Servings Per Container
Calories 460
Calories from Fat 120
% Daily Value*
Total Fat 14g 22%
Saturated Fat 4.5g 23%
Trans Fat 0g
Cholesterol 100mg 33%
Sodium 730mg 30%
Total Carbohydrate 43g 14%
Dietary Fiber 6g 24%
Sugars 5g
Protein 30g
Vitamin A 100% • Vitamin C 50%
Calcium 4% • Iron 25%


Healthy Lunch/Dinner
Grilled Chicken
Female Portion
Nutrition Facts
Serving Size (255g)
Servings Per Container
Calories 230
Calories from Fat 40
% Daily Value*
Total Fat 4.5g 7%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 35mg 12%
Sodium 490mg 20%
Total Carbohydrate 31g 10%
Dietary Fiber 5g 20%
Sugars 3g
Protein 10g
Vitamin A 100% • Vitamin C 60%
Calcium 4% • Iron 10%


Rocca Salad
Female Portion
BLUE FIG
Nutrition Facts
Serving Size (196g)
Servings Per Container
Calories 220
Calories from Fat 180
% Daily Value*
Total Fat 20g 31%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 920mg 22%
Total Carbohydrate 4g 1%
Dietary Fiber 1g 4%
Sugars 1g
Protein 3g
Vitamin A 0% • Vitamin C 80%
Calcium 10% • Iron 2%


Fruit Salad
BLUE FIG
Nutrition Facts
Serving Size (160g)
Servings Per Container
Calories 80
Calories from Fat 5
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 20g 7%
Dietary Fiber 3g 12%
Sugars 14g
Protein 1g
Vitamin A 4% • Vitamin C 80%
Calcium 2% • Iron 2%

Discover Blue Fig's Weight Watch Program.

For more info.

Corner

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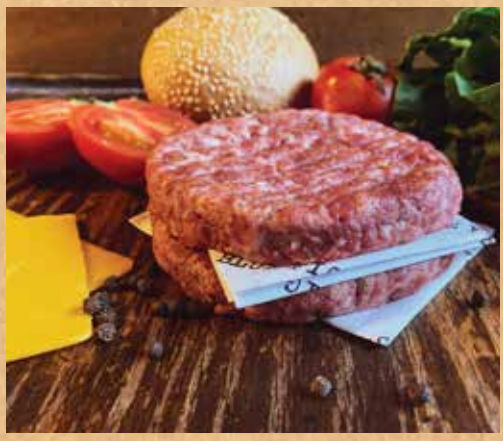
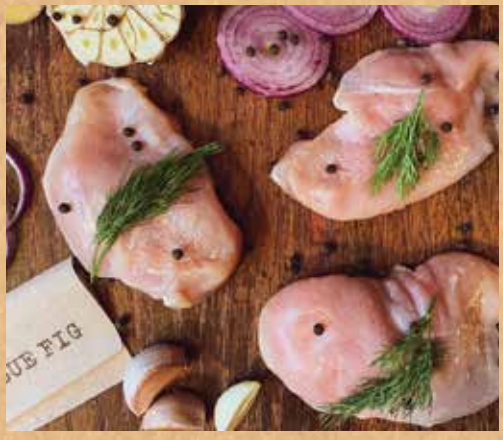
STAY HOME KITS

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

STEAK KIT



BURGER KIT



CHICKEN KIT

PASTA KIT

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TAKE & BAKE SOLUTIONS

EXPERIENCE THE JOY OF BAKING WITH A PROFESSIONAL BAKER RESULTS!


"Out before the dawn or
and wrong thinking
meet you there ..." Rumi
... I will

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

Corner

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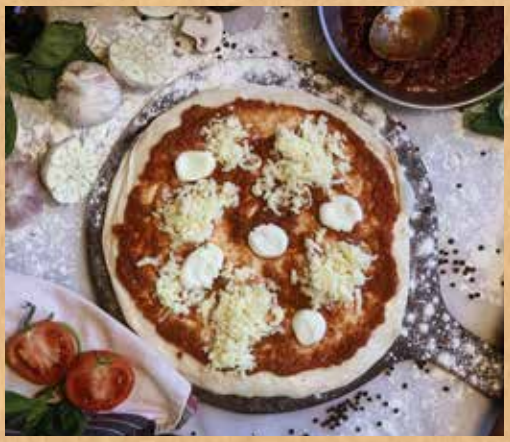
TAKE & BAKE FIGZZAZ

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

FARMERS HARVEST

TUSCANY CHICKEN

SIAM CHICKEN



ITALIAN BOCCONCINI

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BLUE FIG

A culture within all cultures

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- Abdoun special offers.
- Corner special offers.
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- Whatsapp business.
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