

BLite

EAT LIGHT, LIVE BRIGHT

GETSLIM

Menu Sample

Licensed expertise

Delivered to your door



Breakfast

☀ DAY 1



☞ Cheese croissant



☞ Oatmeal porridge

☀ DAY 2



☞ Manakeesh



☞ Pancakes

☀ DAY 3



☞ Sandwich with sammoun



☞ Yogurt Berry Bowl

☀ DAY 4



☞ Feta & fresh Thyme tart



☞ Waffles

☀ DAY 5



☞ Turkey Bagel



☞ Zataar Twisters

☀ DAY 6



☞ Continental Breakfast



☞ Cinnamon Roll

Main Lunch

☀ DAY 1



☞ Chicken Teriyaki



☞ Zucchini Quiche

☀ DAY 2



☞ Stir Mangolian beef with Rice



☞ wild mushroom ragout with cauliflower rice

☀ DAY 3



☞ Seafood Paella



☞ Veggie Burger

☀ DAY 4



☞ arabic chicken harees



☞ Mediterranean stew with herbed quinoa pilaf

☀ DAY 5



☞ Seafood Zoodles



☞ Spanakopita

☀ DAY 6



☞ Beef Paupiette



☞ Modardara

Lunch Salad

☀ DAY 1



⑦ Salad Francais



⑦ Mini coleslaw salad

☀ DAY 2



⑦ Mexican Tortilla Salad



⑦ Mixed green & Figs Salad

☀ DAY 3



⑦ Frisee pomegranate halloumi salad



⑦ salad rocca & mushroom with cheese

☀ DAY 4



⑦ Green kale salad & dry figs



⑦ Tropical Salad

☀ DAY 5



⑦ Salad panachees



⑦ salad arabian

☀ DAY 6



⑦ Haloumi & roasted eggplant salad

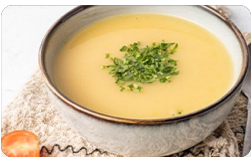


⑦ Roasted Pepper with Feta

☀ DAY 1



⑦ Crab Sandwich



⑦ Soup Carrot & coriander

☀ DAY 2



⑦ Jacket potato, chicken strips & sour cream



⑦ Miso soup

☀ DAY 3



⑦ Mushroom n swiss burger



⑦ Lentil soup with swiss chard

☀ DAY 4



⑦ Grilled salmon with Zoodles



⑦ Harrira soup

☀ DAY 5

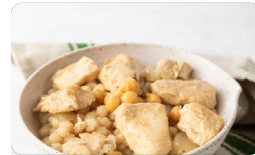


⑦ Kafta & batata & tomato sauce



⑦ Soup lentil and potato

☀ DAY 6



⑦ Chicken Moghrabiye



⑦ Soup lentil

Dinner + Soup or Salad



Dinner Combo

☀ DAY 1



🔗 Smoked Salmon Poke

☀ DAY 2



🔗 fajita beef salad

☀ DAY 3



🔗 Chicken kale feta salad

☀ DAY 4



🔗 Tuna taco salad

☀ DAY 5



🔗 Cauliflower beef burrito bowl

☀ DAY 6



🔗 Quinoa chicken salad

☀ DAY 1



🔗 Madlouka

☀ DAY 2



🔗 Kounafa w Kashta

☀ DAY 3



🔗 Ismailiyeh

☀ DAY 4



🔗 maamoul

☀ DAY 5



🔗 Beetroot Hummus with veggies

☀ DAY 6



🔗 Halawet al riz

🔗 Cherry Chocolate Cake

🔗 fig and cardamom cake

🔗 Choco-orange cake

🔗 Date and honey cake

🔗 Marble Cake

🔗 Sambousek

Snacks

☀ DAY 1



🔗 cinnamon roll

☀ DAY 2



🔗 salted caramel cream cheese mouse

☀ DAY 3



🔗 brioche buns

☀ DAY 4



🔗 mocha panacotta

☀ DAY 5



🔗 Cherry Chunk Bar

☀ DAY 6



🔗 oreo chocolate cake

🔗 Choco hazelnut

🔗 chocolate crinkles cookies

🔗 peanut butter choco bar

🔗 Vegetables with dip

🔗 Red velvet truffles

🔗 Pumpkin Roll





EAT LIGHT, LIVE BRIGHT



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