

th Health Bar ©

freshhouse

فريش هاوس

MENU



BOWLS

Main Concept



Add
your base



Add
your greens



Add
your protein



Add
your toppings



Add
your sauce

MAKING YOUR DELICIOUS BOWL YOUR WAY !!

Must try Bowls !

Mexican Chicken Bowl

38 SR

Brown rice, mexican chicken, mix green leaves, guacamole, sour cream, black beans, mexican salsa, almond. (dressing: cilantro, ceaser) 504 cal



Indian Chicken Bowl

38 SR

Saffron rice, chicken masala, mix green, grilled vegetable, chickpeas, jalapeno, pickled onion, sour cream. (dressing: caesar sauce + walnut) 536cal



Pesto Pasta Chicken Bowl

38 SR

Pesto pasta, grilled chicken, mix green, ricotta cheese, broccoli, black olives, almond. (dressing: cilantro dressing) 503cal



Quinoa Beef Bowl

47 SR

Quinoa, beef brisket, mix green leaves, mexican salsa, guacamole, black beans, roasted pumpkin, chia seed, (sun-dried tomato dressing: cilantro) 589 cal



Must try Bowls !

Mexican Vegan Bowl

35 SR

Freekeh ,mushroom balls, mix green leaves, roasted grilled vegetables, guacamole ,roasted sweet potatoes, black olives, almond, sun-dried tomato (dressing: cilantro)563 cal



Keto Chicken Bowl

47 SR

Mashed cauliflower puree, mushroom chicken, mix green leaves, roasted eggplant, broccoli, black olives, ricotta cheese, chia seed. (dressing: cilantro, ceaser)545cal



Plant Based Vegan Bowl

35 SR

Quinoa, mushroom balls, mix green leaves, chickpeas, hummus, guacamole, black olives, walnut (dressing: cilantro). 568cal



Broccoli & Beef Keto Bowl

47 SR

Chef's signature dish



Must try Bowls !

Poke Bowl Salmon

54 SR

Prepared in our own way



Honey Glazed Chicken Bowl

33 SR

Rice, honey glazed chicken, broccoli, beans, dried tomato, greens, pomegranate seed



Chicken Biryani

33 SR

Prepared in our own way



Forbidden Rice & Salmon

54 SR

Chef's signature dish



and more !

SALAD JAR

You can enjoy it at home !

Mexican Salad With Grilled Chicken

32 SR / 23 SR

Lettuce, tomatoes, mix capsicum, black beans, corn, coriander, mozzarella cheese, cheddar cheese, tortilla chips, grilled chicken. 307 cal



Freekeh Salad With Grilled Chicken

32 SR / 23 SR

Freekeh, grilled chicken, mix green leaves, roasted grilled vegetables, feta cheese, boiled broccoli. 360cal



Beetroot Quinoa Tabbouleh

32 SR / 23 SR

Quinoa, pomegranate seeds, parsley, beetroot, onion, mint leaves and pomegranate sauce. 181 cal



Pasta Chicken Salad Jar

32 SR / 23 SR

Pesto sauce, pasta, grilled chicken, tomato, pomegranate, mozzarella cheese, lettuce, sun-dried tomato, ricotta cheese. 393cal



Fattah Salad Jar

32 SR / 23 SR

Roasted eggplant, roasted cauliflower, chickpeas, parsley, crispy bread and tahina sauce. 437cal



Mango Thai Salad

32 SR / 23 SR

Kale, mango, lettuce, carrot, edamame, avocado, cucumber, red cabbage, spicy peanut butter sauce, cilantro, peanuts. 283cal



SANDWICH

Grab and go !

Beef Burger

with veggies and sauce



Chicken Burger

with veggies and sauce



Sub Sandwiches

Beef and chicken options



Wrap Sandwiches

Varieties of options including Falafel , halloumi , mozzarella , chicken.



Breakfast Sandwiches

Varieties of options including eggs , halloumi , mozzarella ,tuna.



Quesadilla (Kto option available)

with veggies and sauce



SANAKS

Morning Fuel !

Masoob Breakfast Bowl

23 SR

Granola, cheddar cheese, black seed, whole oats, dates, honey, fresh cream, cinnamon, chia seeds, chopped walnuts, cooked oats mixture, banana, honey, milk 332cal



Berries & Yogurt Granola

23 SR

Yogurt mix with almond butter , yogurt, almond butter, honey , chia seeds , cinnamon , vanilla , salt 408cal



Fresh House Oats

17 SR

Prepared in our own way



Cajun Fruits

15 SR

Mango, blueberry, kiwi strewberry, lime, cajun seasoning, maple syrup 205cal



Mango Overnight Oats

21 SR

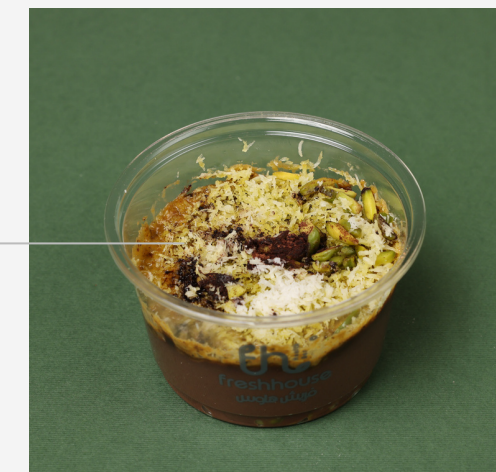
Overnight oats base with mango purée , mango pieces , puréed mango , chia seeds , pumpkin seeds ,crushed walnuts , oats, milk, yogurt, honey, vanilla , salt , cinnamon 211 cal



Chocolate Lover

17 SR

Dark chocolate Pudding , cocounut maple syrup pistachio butter, milk. 230 Cal



SWEETS

Sweet Tooth !

Berry Chia Muffins
16 SR



Peanut Chocolate Cookies (Keto)
18 SR



Raspberry Cheesecake
18 SR



Almond Lemon Cake (Keto)
16 SR



Healthy Cheese Cake
19 SR



Almond Chocolate Cheesecake
18 SR



BEVRAGES

Fresh !

Orange
10 SR



Soft drinks
4 SR



Beetroot & orange
10 SR



water
3 SR



Carrot & orange
10 SR





**Eat Right
Not Less**





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eh
Health
Bar



Eat more plants with a smile!!

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طبق اللحم بالكينوا



كينوا، بريسكت، ورقيات خضراء
صلصة مكسيكية، غواكمولي
فاصوليا سوداء، اليقطين
المشوي، بذور الشيا، طماطم
مجففة، صوص سيلانترو

طبق الدجاج المكسيكي



ارز اسمر، دجاج مكسيكي
ورقيات خضراء، غواكمولي
كريمة حامضة، صلصة
مكسيكية، لوز، صوص
سيلانترو، صوص سيزر

طبق اللحم الشرقي



لحم مشوي، رز الزعفران
ورقيات مشكلة، خيار، طماطم
خضار مشوية، كريمة حامضة
رمان، طحينية، صوص اللّيمون
سماق



Eat Right Not Less!

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طبق السلمون بالخضار



ورقيات مشكلة، سلمون
مشوي، جبنة الريكوتا، بصل
مخلل، خيار، طماطم
جواكامولي، صوص السيزر
وصوص الكزبرة والسماق

سلطة مزرعتنا



مزيج من الورقيات والخضار
الطازجة من المزرعة، جبنة
البارميزان المعتقة، تمر
الخلاص العضوي، مكسرات
البيكان بالزعتر

Stay Fresh !

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**Please feel free to contact us for any
marketing materials**