



AMH Healthy Meal Deal

Ready to Eat Food | Pre-orders are taken too



Breakfast

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

CONTINENTAL
& ARABIC



Nutty Oats Porridge
BD 1.200



Multigrain Cinnamon Pancake
BD 1.000



Avocado Tuna Sandwich
BD 1.200



Avocado Chicken Sandwich
BD 1.200



Spinach & Egg Sandwich
BD 0.800



Grilled Halloumi Sandwich
BD 1.200

ARABIC



Shakshuka: Poached Eggs and Tomato with Brown Arabic Bread
BD 1.000



Spinach & Egg Sandwich
BD 0.800



Labneh Zatar Cucumber Sandwich
BD 0.800



Foul: Baked Beans + Brown Arabic Bread
BD 1.000



Shakshuka: Poached Eggs, Tomato + Brown Arabic Bread
BD 1.000

INDIAN



Veggie Millet Uthappam
BD 0.800



Power Grain Upma
BD 0.800



Veggie Paneer Oats Upma
BD 1.000



Palak Paneer Roti (Spinach & Cottage Cheese Crepe)
BD 1.000



Vegan Protein Dosa
BD 0.800



Veggie Millet Upma
BD 0.800



Check Calories & Pre Order

www.amh.org.bh/healthymealdeal

Feedback

