



BON BON CAFE

MIAMARA
SPA



My Juices

Fresh Orange
Fresh Carrot
Fresh Lemon with Mint / Lemongrass
Fresh Cocktail
Fresh Pineapple
Fresh Apple
Fresh Antioxidant

Soft Drinks

Pepsi / 7-up / Mirinda / Mountain Dew
Mineral Water
Fiji Water

Hot Drinks

Tea (Lipton Tea)
Turkish Coffee
Espresso
American Coffee
Cappuccino
Latte
Arraroot
Hot Chocolate (Low Fat)
Hot Chocolate with Whipped Cream

Cold Drinks

Mocha Cha-Cha
Frappuccino

Smoothies

Pineapple Punch
(Pineapple, Orange & Low fat Yoghurt)
Berry Blitz
(Mixed Berries, Apple & Peach Juice)
Banana Milk Shake
Strawberry Smoothies
Spirulina Smoothies
(Spirulina, Fruit Juice & Fresh Fruits)





Tchaba Tea

Moroccan Nights (AM/PM*)

Green Tea - Mint

Anti-oxidant, Antiseptic

1001 Nights (PM)

Black Tea - Green Tea - Orange Peel - Flowers

Reduces Cholesterol, Boost Immune System

Fruit Passion (AM/PM)

Green Tea-Pineapple-Passion Fruit

Relieves Tension and Aids Digestion

Ginger Calm (PM)

Herbal Tea Leaves- Ginger and Lemongrass,

Orange Peel and Licorice

Reduces Cholesterol and Blood Pressure.

Chamomile Breeze (PM)

Chamomile – Hibiscus – Mint – Rosehip and Lemongrass

Aids Sleeping, Relaxant.

Pai Mu Tan (AM/PM)

White Tea Leaves

Rich in Anti-Oxidants, Fights Cancerous Cells,

Slows Ageing.

Jasmine Pearl (AM/PM)

White Tea -Jasmine Blossom

Relaxant.

*Better Enjoyed Sweet





My Breakfast

Energize my day !

- Birches Muesli, Soya Milk or Milk, Fresh Fruits
- Spirulina smoothie

Continental Breakfast

- Your Choice of Cereal
- Croissant, Bread, Butter& Jam
- Hot Drink

Fill my day !

- Seasonal Fruit Platter or Fresh Juice
- Your choice of Eggs with Toast
- Croissant, Butter, Jam
- Hot Drink

My Omelettes

Spanish (Tomatoes, Onions, Peppers)
Cheese, Mushroom

Cheese Croissant
Butter & Jam

My Nibbles

Mini Pizza
Spring rolls (Vegetable/Cheese)
Chicken Nuggets
French Fries
Calamari
Mini Samosa

My Soups

Butternut
Lentil
Tomato & Pepper
Mushroom
Moroccan Hereera

My Sushi

California Rolls
(Crabsticks, Avocado)
Salmon Maki
(Salmon, Cucumber)
Vegetarian Maki
(Mixed Vegetable)

8 pieces per order





My Salads

- Chef Salad
(Chicken, Cheese, Salad)
- Imar Rocket Salad
(Feta Cheese, Rocket, Salad)
- Chicken Caesar Salad
(Crisp Lettuce, Rocket, Croutons, Parmesan)
- Salad Nocoise
(Tuna, Egg, Salad)
- Chicken Teriyaki Salad
(Chicken, Noodles, Carrots, Salad)
- Roasted Vegetable Salad
(Warm Seasonal Vegetables on Rocket)
- Prawn Tempura Salad
(Buttered Prawn, Crab Stick, Salad)

My Sandwiches

- Cheese & Tomato
- Hotdog & Fries
- Club Sandwich
- Tuna on Ciapatta
- Grilled Chicken on Ciapatta
- Cheese & Mushroom Omellete on Ciapatta
- Breaded Chicken with Cheese on Ciapatta/Mushroom
- Grilled Vegetable & Mozzarella on Ciapatta
- Home Made Beef Burger with Fries
- Home Made Chicken Burger with Fries

My Wraps

- Quesadillas (Vegetable/Chicken)
- Chicken Fajitas
- Beef Fajitas
(With Salsa & Guacamole Dressing)

My Jackets

- Baked Potatoes
- Fillings :
 - Baked Beans, Cheese
 - Tuna, Sweet Corn, Mayonnaise
 - Cheese, Low Fat Coleslaw

My Noodles/Rice

- Chinese Rice
 - With Vegetable
 - With Chicken or Prawn
- Chinese Noodles
 - With Vegetables
 - With Chicken or Prawn





My Pasta

Penne Arabiata
(Pomodoro Sauce, Parmesan)

Carbonara Fungi Pasta
(White Sauce, Mushroom, Parmesan)

Imar Pasta
(Pomodoro, White Sauce, Parmesan)

Lasagna
Spinach & Mushroom
Spinach & Prawn

My Curry

Vegetable
Chicken and Butternut
Prawn
(With Brown Rice/Steamed Rice)

My Steak

Chicken Breast Steak
Tenderloin Steak
(With Mashed Potatoes & Grilled Vegetable)

My Fish

Fish and Chips
Pizaolo Hamour
(With Steamed Vegetable)
Grilled Salmon with mashed Potatoes
Grilled Prawns
(With Grilled Peppers & Onion on Rocket)

My Fusion

Dynamite Prawn
Chilli Chicken
Chicken Cordon Blue

My Desserts

Low Fat Carrot Cake
Chocolate Cake
Oreo Cheese Cake
Choco Caramel Cake
Seasonal Fruit Platter
Phantom Cake with Ice Cream





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