

Almoayyed  
Tower

2015



"Cooked with Olive Oil"



# Healthy Calorie

High quality and natural products only  
Enjoy the freshness

100%  
HALAL  
PRODUCT



## Eat & Donate

1% من قيمة مشترياتك سيتم التبرع بها للأيتام حول العالم  
1% of customers order will be donated



Watch your  
Donation  
#charityoflife



Customers

your purchases



to your donation

Charity of Life  
FOUNDATION

to feed poor kids  
world wide



"You are what you eat"

Call : 17 369 366  
DELIVERY



www.healthycalorie.com



Healthy Calorie began with a simple philosophy that food which is served fast doesn't have to be a traditional "fast-food" experience. Over the years, that vision has evolved. Today, our mission is to change the way people think about Calories.

1.2  
BD Only

*½ Half Sandwiches*

"you can enjoy ½ sandwich for any 9 inch bread selection"



all products prepared daily using fresh ingredients from national farms

برجر الدجاج بالسبانخ  
**Chicken Spinach Burger**  
Wholegrain bread with a fresh tender chicken spinach mix.

1



490 Calorie

BD 2.0

شراخ الديك الرومي مع الدجاج  
**American Wrap**  
Tender grilled chicken with American turkey strips.

2



450 Calorie

BD 18

صدر دجاج مشوي  
**Chicken Breast**  
Grilled chicken breast with Asian spices.

3



520 Calorie

BD 2.0

ستيك عجل مشوي  
**Grilled Philly Steak**  
Fatless beef with veggie mix.  
590 Calorie

4



BD 2.2

دجاج ستيك مشوي  
**Grilled Philly Chicken**  
Tender chicken with veggie mix.  
550 Calorie

5



BD 2.0

دجاج مع لحم عجل  
**BLT & Chicken**  
Grilled chicken breast with beef taste.  
590 Calorie

6



BD 2.0

صدر ديك رومي  
**Turkey Breast**  
Wholegrain bread with a tender slice of turkey breast.

7



460 Calorie

BD 18

جبنة حلوم  
**Grilled Halloumi**  
Cyprus grilled cheese with eastern flavour.

8



490 Calorie

BD 19

شطيرة الجبن المشوي  
**Grilled Cheese**  
Wholegrain slice bread filled with mozzarella & cheddar cheese.

9



320 Calorie

BD 15



Slice Bread  
(Healthy Calorie Whole Meal)

## “ Choose your Bread ”



Wraps



9” Bread  
(White, Soya Brown & Wheat)

All calories in the menu calculated based on wholegrain bread.

### White Omelette

10 White omelette topped with cheddar cheese



350  
Calorie

BD 16

### Turkey Sausage

Great turkey taste in Italian shape.



490  
Calorie

BD 18

### Tuna

Seafood taste in a tuna mix.



460  
Calorie

BD 19

### Teriyaki Chicken

Flavourful Japanese spices on a tender teriyaki chicken strips

13 590 Calorie

### Spicy Tandoori

Asian tandoori spices with a mild spicy flavour

14 580 Calorie

### Philly Fish

Grilled fish fillet sandwich with veggie mix.

15 550 Calorie



BD 2.0



BD 2.0



BD 2.0

### Mexican Wrap

Mexican fajita chicken wrapped with tortilla bread.



460  
Calorie

BD 2.0

### Chicken Fajita

Tender chicken breast with a Mexican spices.



580  
Calorie

BD 18

### Moroccan Chickpeas

Baked falafel with smoky Tahini Sauce



390  
Calorie

BD 16

## Side Dishes

### Noodles & Yogurt

Asian noodles cooked with olive oil topped with chicken & fresh veggie.

560 Calorie

### Mexican Rice

Chicken burrito bowls topped with fresh lettuce & Mexican veggie.

520 Calorie

### Asian Chicken Rice

Asian rice cooked with olive oil topped with chicken & fresh veggie.

570 Calorie



BD 18



BD 2.0



BD 18

OUU®  
Salads

Hand-tossed and made to order, our salads use only the freshest ingredients to create flavor combinations as healthy as they are delicious.



سلطة يونانية  
Greek

Summer salad made with mixed vegetables & Greek feta cheese.

22



270  
Calorie

BD 1.5

سلطة سيزر بالجزر  
Caesar & Carrot

Original caesar taste topped with grilled chicken and crunchy croutons.

23



290  
Calorie

BD 1.7

سلطة فتوش بالزبادي  
Eggplant Yogurt

Grilled pita bread mixed with garlic yogurt and eggplant.

24



250  
Calorie

BD 1.5

سلطة تفاح بالجوز  
Apple Walnut

Mixed of apple and lettuce topped with crunchy walnut.

25



150 Calorie

BD 1.6

سلطة حلوم

Halloumi Mediterranean

Cyprus cheese in eastern salad.  
270 Calorie

26



BD 1.8

سلطة باريكيو

BBQ Chicken

Classic mix of beans and vegetables topped with grilled BBQ chicken.  
240 Calorie

27



BD 1.8

Premium

سلطة أفوكادو بالدجاج

Avocado Chicken

Mix of grilled chicken topped with ripe American avocado and fresh vegetables.

28



220  
Calorie

BD 2.5

New  
Sesame Steak

Juicy Angus beef topped with jalapeño & sesame seed  
(Donate)

29



370  
Calorie

BD 2.7

سلطة دجاج مشوي

American Salad

Grilled chicken with chopped beef topped with American spicy dressing.

30



310  
Calorie

BD 2.2



MEXICAN

**Quesadilla**

Mexican Chicken  
 Mexican Beef  
 Spicy Chicken - New  
 Vegetarian

BD 2.4

540 Calorie

**“Great salads for Great reason”**

When you buy Healthy Calorie salads with (Donate) slogan.  
 Healthy Calorie gives 10% of the selected salads to orphan kids centres.

with every bite you save a life

**Teriyaki Chicken**

Crispy lettuce topped with Japanese chicken & cashew nut.

(Donate)

BD 2.4

390 Calorie

New



**Chicken Halloumi**

Cyprus cheese mixed with grilled chicken

(Donate)

BD 2.4

540 Calorie

New



**Euro Asian**

Greek feta cheese with Asian spicy grilled chicken.

(Donate)

BD 2.4

520 Calorie

New



**Customer Care**

**Refund Policy**

If you are not satisfied with your purchases you are entitled to return the product and you will be refunded\*.

- \* Terms and Conditional apply
- Customer should not consume more than 20% of the return product.
- Customer entitled one refund per day.
- Branch Manager inspection required for refund approval.



We love hearing from our customers. All questions, comments and feedback are always welcome. They help us to ensure that every Healthy Calorie experience you have is the best it can be.

**Feedback**

feedback@healthycalorie.com

Hot Line : +973 77113103



“We offer credit card machine on delivery”

**citibank**  
 Dining Discount

## Beverages

	12Oz	16Oz
Fresh Orange	1.2	1.6
Gran. & Raspberry	0.8	1.2
Orange & Carrot	0.8	1.2
Lemonade	1.2	1.6
Diet Soft Drinks	0.3	
Water	0.2	0.5

## Extra

Grilled Potato	0.7
Fruit Salad	1.2
Rocca Salad	1.4
Tropical Salad	2.2
Mediterranean	1.6
Chicken Mix Patty	2.2

## Soup of the day



less than  
190  
Calorie

### Chicken Mushroom

Sunday & Tuesday



### Mushroom

Monday & Wednesday



### Zucchini

Thursday & Saturday



### Chicken Corn

Friday

BD 14

## Special Juices

### Green Juice

Fat burner &  
Anti-Cancer Juice



120  
Calorie

BD 14

### Avocado Juice

Remarkable benefits for skin health

New



320  
Calorie

BD 15

### Detox Veggie

Remove Toxins & Poisons  
out of your body



150  
Calorie

BD 14

### Ice tea

(fresh lemons)

Increase your metabolism

New



95  
Calorie

BD 15

## Our (Calorie Diet)<sup>™</sup>

### Step 1

find out your  
Daily Calorie Limit !!



"Daily Calorie Limit" indicates  
how many calories you should  
eat to reach your ideal weight ?

### Step 2

Use our Online System  
to Calculate your  
Daily Calorie Limit



Use our system on  
[www.healthycalorie.com](http://www.healthycalorie.com)  
also we are available on  
iOS & Android devices

### Step 3

Start your office diet



download your free office diet  
from our website

[www.healthycalorie.com/caloriediet.pdf](http://www.healthycalorie.com/caloriediet.pdf)  
or  
visit our retail stores  
(Juffair • Bahrain Financial Harbor • Seef)