



INTERCONTINENTAL[®]
RAS AL KHAIMAH
MINA AL ARAB RESORT & SPA

Welcome Coffee Break

Beverages

Freshly Brewed Coffee
Teas & Herbal Infusion
Still Water
Full Fat & Skimmed milk
Freshly juices

Smoothie & Detox Juices (D)

Fruits

Fresh Seasonal Whole Fruits

Bakery & Pastry (D, N)

Plain Croissants, Chocolate Croissants, Fruit Danish, Assorted Muffins, Mini Doughnuts

Dishes indicates with (V) Suitable for Vegetarians, (D) Dairy, (N) Nuts, (S) Seafood.
Kindly Let Us Know for any Allergy or Special Dietary Requirements That We Should Be Aware, To Prepare the
Food Accordingly. Gluten Free Items Available Upon Request

Morning Coffee Break (Pantone Break)

Beverages

Freshly Brewed Coffee
Teas & Herbal Infusion
Still Water
Full Fat & Skimmed milk
Freshly Pressed juices

Smoothie (D)

Kiwi & Pineapple Smoothie

Fruits

Fruit Berry kebabs
Fresh Seasonal Whole Fruits

Sandwiches Bar

Salmon Avocado Mousse, Trio Bread (S, D)
Frankfurt Sausage, Tomato Confit

Hot

Turkey Ham & Cheddar Cheese Quiche (D)
Jalapeno Poppers (V, D)

Freshly Baked

Plain Croissants, Chocolate Croissants, Fruit Danish, Assorted Muffins, Mini Doughnuts
Assorted Homemade Cookies, English Cake

Morning Coffee Break (Energy Break)

Beverages

Freshly Brewed Coffee
Teas & Herbal Infusion
Still Water
Full Fat & Skimmed milk
Freshly Pressed juices

Smoothie (D)

Raspberry & Red Grape Smoothie

Fruits

Sliced Fruits & Berries
Fresh Seasonal Whole Fruits

Cereal Station

Seeds, Nuts, Dried Fruits, Yoghurt
Swiss Muesli in Brown Paper Bags
Fruit Leather
Quinoa Porridge

Sandwiches

Mini Croissants, Halloumi, Pesto Grilled Vegetables (V, D, N)
Bagel Bread, Beef Bresaola, Asparagus, Horseradish Cream (D)

Hot

Fried Chicken Wontons
Curried Vegetable & Cheese Tart (V, D)

Freshly Baked

Plain Croissants, Zattar Croissants, Mini Blueberry Brioche, Apple Danish, Assorted Homemade
Cookies, Banana Chocolate Cake

Morning Coffee Break (Retreat Break)

Beverages

Freshly Brewed Coffee
Teas & Herbal Infusion
Still Water
Full Fat & Skimmed milk
Freshly Pressed juices

Vitamin Drinks (D)

Apple Kiwi Kale Juice
Orange Carrot Cucumber Juice
Strawberry & Mango Smoothie
Date Maple Banana Smoothie
Beetroot Ginger Pear Juice
Blueberry Cranberry Pineapple Juice

Fruits

Fruit Minestrone Shooter
Fresh Seasonal Whole Fruits

Sandwiches

Croque Monsieur, Spiced Tomato Jam (D)
Tzatziki Cucumber, Fata Cheese, Corn Wrap (V, D)

Hot

Rolled Chicken Sausage Puff (D)
Vegetable Samosa (V)

Freshly Baked

Plain Croissants, Cheese Croissants, Cinnamon Roll, Assorted Muffins
Assorted Homemade Cookies, Fresh fruit Tart

Morning Coffee Break (Sandwich Bar)

Beverages

Freshly Brewed Coffee (D)
Teas & Herbal Infusion
Still Water
Full Fat & Skimmed milk
Freshly Pressed juices

Smoothie (D)

Ginger & Cucumber, Chia Seeds Smoothie

Fruits

Fruit Skewers
Fresh Seasonal Whole Fruits

Sandwiches

Beef Pastrami, Emmental Cheese, Figs, Walnut Bread (N, D)
Mozzarella Cheese, Grilled Veggies, Pesto, Panini Bread (V, N, D)
Salmon Avocado Mousse, Trio Bread (S, D)
Frankfurt Sausage, Tomato Confit
Assorted of Mayonnaise

Hot

Baby Spinach & Smoked Salmon Quiche (D, S)
Vegetable Spring Roll, Mango Chutney (V)

Freshly Baked

Plain Croissants, Almond Croissants, Chocolate Praline Danish, Assorted Muffins, Assorted Homemade
Cookies, Almond Financier



INTERCONTINENTAL[®]
RAS AL KHAIMAH
MINA AL ARAB RESORT & SPA

Afternoon Coffee Break (Market Break)

Beverages

Freshly Brewed Coffee (D)
Teas & Herbal Infusion
Still Water
Full Fat & Skimmed milk
Freshly Pressed juices

Cold

Scrambled Spiced Paneer, Spinach, Corn Bread (V, D)
Coronation Chicken, Saffron, Trio Bread (D)

Hot

Spanish Chicken Croquettes (D)
Truffle Mushroom Quiche (V, D)

Fruits

Fresh Seasonal Whole Fruits

Dessert (D, N)

Chocolate Delice
Mango Cheese Cake
Homemade Cookies
Seasonal Fresh Sliced Fruits

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RAS AL KHAIMAH
MINA AL ARAB RESORT & SPA

Afternoon Coffee Break (TAPASTRY)

Beverages

Freshly Brewed Coffee (D)

Teas & Herbal Infusion

Still Water

Full Fat & Skimmed milk

Freshly Pressed juices

Cold

Salmon Caesar Wrap, Capers, Red Onion (S, D)

Chicken Saltimbocca, Basil, Sage, Turkey Bacon, Ciabatta (D)

Hot

Beef Sausage Puff (D)

Cheese Rakakat (D)

Fruits

Fresh Seasonal Whole Fruits

Dessert

Carrot Cake

Raspberry Chocolate Cake

Homemade Cookies

Seasonal Fresh Sliced Fruits

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Afternoon Coffee Break (Super Injection)

Beverages

Freshly Brewed Coffee (**D**)
Teas & Herbal Infusion
Still Water
Full Fat & Skimmed milk
Freshly Pressed juices

Cold

Quinoa Sweet Potato Salad
Roasted Beetroot Salad, Ginger Apple
Charred Cauliflower, Almond, Cranberry Salad

Hot

Rye Bread Baguette, Salmon Confit, Arugula, Sour Cream
Leek, Zucchini, Spinach, Provolone Cheese Tart
Korean Vegetable Pancakes, Spring Onion, Carrot, Zucchini

Fruits

Fresh Seasonal Whole Fruits

Dessert

Walnut Chocolate Brownies
Mango Panna Cotta
Homemade Cookies
Seasonal Fresh Sliced Fruits

Afternoon Coffee Break (Quirky Afternoon Tea)

Beverages

Freshly Brewed Coffee (D)
Teas & Herbal Infusion
Still Water
Full Fat & Skimmed milk
Freshly Pressed juices

Quirky Afternoon Tea

Parmesan Cookie (G)
Cheese Scone/Butter Scone with Strawberry Preserve and Clotted Cream (G, D)
Gateau Opera (G, D)
Lavender Shortcake (G, D)
Mini Raspberry Pavlova (D)
Triple Layer – Cream Cheese Sandwich (G, D)
Salmon Caesar Wrap, Capers, Red Onion (S, D)
Chicken Saltimbocca, Basil, Sage, Turkey Bacon, Ciabatta (D)
Beef Sausage Puff (D)
Cheese Rakakat (D)

Fruits

Fresh Seasonal Whole Fruits