



MOTION[®]
Restaurant, Bar and Lounge

FOOD

M E N U

SHARM EL SHEIKH, NABQ- LA STRADA,

RESERVATIONS: +20 109 199 1755

APPETIZERS

Nachos _____ **540.00**
 Half Portion _____ **300.00**

That's nacho plate!

Crispy tortilla chips bursting with flavor, covered with melted cheese and a variety of toppings, including red beans, jalapenos and green onions. Served with pico de gallo and sour cream.

Add Chicken _____ 250.00

Add Beef _____ 375.00

Add Guacamole _____ 160.00



Mozzarella Sticks _____ **340.00**

Sweet dreams are made of cheese

Mozzarella cheese coated in seasoned breadcrumbs, fried until golden brown and crispy. Served with sweet chilli sauce. (6 pieces)

Chicken Tenders _____ **450.00**

Tender Loving Chicken

Classic hand breaded chicken tenders fried in homemade breadcrumbs. Served with Honey Dijon mustard and Barbecue Sauce.

Chicken Quesadillas _____ **540.00**

Love at first bite

Juicy diced sautéed chicken served in a warm tortilla with lots of melty cheese. Served with sour cream and pico de gallo.



Sliders _____ **480.00**

Live, love, burgers.

The perfect set of three mini burgers topped with melted cheese, lettuce, tomato and a fresh onion ring. Served with honey mustard.

Add Beef Bacon _____ 120.00

Loaded Fries _____ **480.00**

Pretty please with extra cheese!

Crispy french fries loaded with cheese, beef bacon, ground beef, onions, and jalapenos then topped with sour cream and green onions.

Mac n Cheese Bites _____ **480.00**

Mac: cheese me up!

Indulge in cheesy heaven with our breaded, fried Mac n Cheese Bites infused with beef bacon — the perfect bite sized comfort!



**** Please advise us if you have any food allergies or dietary restrictions prior to placing your order****

Prices are in Egyptian pounds and include 12% service charge and 14% government taxes.

Spicy Shrimp _____ 420.00

Shrimply the best

Crispy shrimp tossed in a creamy spicy sauce sprinkled with sesame seeds and green onions, served on a delicious bed of our home made chilli mayonnaise.

Fried Calamari _____ 360.00

Seafood and eat it

Crumbed tender calamari fried and served with garlic chilli mayonnaise.

Chicken Wings _____ 360.00

In it to wing it

Well-Marinated chicken wings dipped in a mouth-watering spicy buffalo sauce. Served with blue cheese dressing and veggie sticks. Don't like it spicy? Enjoy your wings in Tangy or BBQ sauce.

Potato Skins _____ 360.00

Thankful, blessed and potato obsessed

Fried unpeeled potato halves, hollowed and dressed with beef bacon, cheddar cheese, parsley and green onions. Served with sour cream.

Get in Motion Pick 3 _____ 780.00

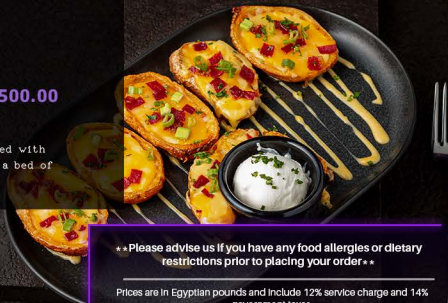
Decisions, decisions

Can't decide? Customize your plate by choosing 3 of Motion's famous appetizers. (Does not include nachos, queso dip or loaded fries)

Stuffed Mushrooms _____ 500.00

Mushroom Magic Awaits!

Roasted mushrooms generously stuffed with seasoned spinach. Served sizzling on a bed of parmesan cheese.



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Queso Dip

420.00

Queso Dip

A velvety blend of cheddar cheese, minced meat and red beans mixed with cumin, chili and paprika. Served with warm tortilla chips.



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SALADS



**Chicken
Cobb Salad** **650.00**

Half Portion **420.00**

Cobb it up!

A bed of fresh lettuce topped with bursting flavors of beef bacon, hard-boiled eggs, grilled chicken, cheese, avocados, onions and tomatoes.

Caesar Salad **300.00**

Half Portion **180.00**

The Palace on a plate!

Fresh lettuce tossed in a delightfully creamy Caesar dressing, topped with crunchy croutons and parmesan cheese

Add Chicken 250.00

Add Beef 375.00



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STEAKS

NEVER A MISTAKE!

Let one of our delicious cuts of steak melt in your mouth. Cooked to your desire. Served with your choice of mushroom sauce, peppercorn sauce, or garlic and herb butter. Choose two sides.



Filet Steak

8 OZ 1350.00

Ribeye Steak

10 OZ 1350.00



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Tomahawk

16 OZ _____ 1800.00



**Best
Cuts**



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T-Bone

13 OZ _____ 1800.00



**Best
Cuts**



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RIBS

Ribs 1600.00

Get saucy, eat ribs!

Succulent ribs smothered in BBQ sauce served with a side of hearty beans and crispy fries.



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SEAFOOD

Pepper crusted salmon _____ 1050.00

You're my special salmon!

8oz of tender flakey grilled salmon encrusted with black pepper. Served with garlic butter.



Mixed Seafood _____ 950.00

Seafood mix: oceans of flavor!

A delicious combination of shrimp, calamari and fresh salmon. Served with your choice of rice or fries.

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TEX-MEX

Fajitas

So juicy, so tender, so satisfying!

A traditional Mexican skillet of juicy marinated steak, chicken or shrimp served on a bed of grilled onions and bell peppers. Served with sour cream, mixed cheese, pico de gallo and guacamole.

Veggies	480.00
Chicken	650.00
Beef Steak	750.00
Shrimp	750.00
Duo	700.00
Trio	800.00



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Burritos 600.00

It's a wrap!

A warm tortilla wrapped and stuffed with a filling of ground beef, rice, beans, sweet corn and cheese. One of the best meals ever! Served with fries.

Buffalo Tacos 540.00

Two soft flour tortillas filled with buffalo fried chicken, Pico de Gallo and blue cheese sauce. Served with fries.



Tacos 540.00

These tacos are Mexcellent!

Three warm crunchy corn tortillas filled with your choice of chicken, beef or shrimp topped with pico de gallo, cheese, avocado, onion, lettuce and tomato. Served with a mango salsa and chimichurri rice.

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SIGNATURE BURGERS



Too Hot to Handle Burger _____ 600.00

Spicy and Nice-y!

Get ready for a fiery bite with the Too Hot to Handle Burger! Juicy beef patty topped with white cheddar, crispy bacon, and a spicy fried pepper. Served with a zesty red chili dip and crispy fries—heat that can't be beat!

Meltzilla Burger _____ 700.00

Say Cheese, It's Mozzarella Please!

Unleash your cheesy craving with the Meltzilla Burger! Juicy beef patty topped with gooey sliced breaded mozzarella, crispy lettuce, tomato, and onion. Served with crispy fries for the ultimate melt-in-your-mouth experience!



Classic Motion Cheese Burger _____ 475.00

Cheese the Day!

Take a ride back to flavor town with our Classic Motion Cheeseburger! Melted American cheese, juicy beef patty, fresh lettuce, tomato, and onion. Served with fries.



Shroom Boom Burger _____ 600.00

Shroom for Deliciousness!

Get ready to mushroom your mood with this tasty burger! Juicy mushrooms, creamy white cheddar, fresh lettuce, tomato, and onion all stacked high. Comes with a side of crispy fries for the ultimate flavor adventure!



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BUILD YOUR OWN BURGER

I LIKE IT LIKE THAT!

STEP 1: PICK YOUR BURGER / WHAT'S YOUR STYLE?

- | | |
|---|---|
| <input type="checkbox"/>  Beef 375 LE | <input type="checkbox"/>  Fried Chicken 325 LE |
| <input type="checkbox"/>  Grilled Chicken 325 LE | <input type="checkbox"/>  Veggie Patty 300 LE |

STEP 2: PICK YOUR SIZE / HOW MUCH CAN YOU HANDLE?

- | | | |
|--|---|---|
| <input type="checkbox"/>  One Patty | <input type="checkbox"/>  Two Patties Add 225 LE | <input type="checkbox"/>  Three Patties Add 400 LE |
|--|---|---|

STEP 3: CHOOSE YOUR BUN / YOUR FAVORITE BUNS?

- | | | |
|--|---|--|
| <input type="checkbox"/>  House Bun | <input type="checkbox"/>  Sesame Bun | <input type="checkbox"/>  Whole wheat Bun |
|--|---|--|

STEP 4: GET CHEESY / SAY CHEESE! (ADD 95 LE)

- | | | |
|---|---|--|
| <input type="checkbox"/>  Provolone | <input type="checkbox"/>  Gouda | <input type="checkbox"/>  Cheddar |
| <input type="checkbox"/>  Swiss | <input type="checkbox"/>  Mozzarella | <input type="checkbox"/>  Red Cheddar |
| <input type="checkbox"/>  Blue Cheese Crumbles | | <input type="checkbox"/>  White Cheddar |

STEP 5: SAUCE TIME / LET'S GET SAUCY

- | | | |
|---|---|---|
| <input type="checkbox"/>  Ketchup | <input type="checkbox"/>  Garlic Mayo | <input type="checkbox"/>  Ranch |
| <input type="checkbox"/>  Mayo | <input type="checkbox"/>  Mustard | <input type="checkbox"/>  Buffalo Sauce |
| <input type="checkbox"/>  Spicy Mayo | <input type="checkbox"/>  BBQ Sauce | <input type="checkbox"/>  Sweet Chilly Sauce |

STEP 6: TOPPINGS / TOP IT UP

- | | | | |
|---|--|---|---|
| <input type="checkbox"/>  Lettuce | <input type="checkbox"/>  Fresh Onion | <input type="checkbox"/>  Fried Egg 60 LE | <input type="checkbox"/>  Sautéed Mushrooms 95 LE |
| <input type="checkbox"/>  Tomato | <input type="checkbox"/>  Pickles | <input type="checkbox"/>  Onion Rings 100 LE | <input type="checkbox"/>  Jalapenos 50 LE |
| <input type="checkbox"/>  Bell Peppers | | <input type="checkbox"/>  Beef Bacon 120 LE | <input type="checkbox"/>  Caramelized Onions 70 LE |

ADD EXTRAS

STEP 7: SIDE / ON THE SIDE

Choose your side from our delicious side item choices

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CHICKEN & PASTA

Wicked Chicken — 720.00

Wicked Chicken : cluck yeah!

Two Cajun-spiced chicken breasts served over Spanish rice with a side of corn on the cob.



MOTION Chicken Mushroom — 780.00

A tasty twosome!

A fried chicken breast topped with mushrooms and melted mozzarella cheese. Served with fried button mushrooms and corn on the cob.



Cheesy Mac & Chicken — 600.00

You mac me so happy!

Cavatappi pasta tossed in Parmesan cheese, Alfredo sauce and fresh garlic. Topped with your choice of grilled or fried chicken. Served with our mouth watering garlic bread.

Want to turn up the heat? Ask for our spicy version!

Motion Pasta — 600.00

Pesto pasta: where herbs party!

Penne pasta tossed in a spinach alfredo sauce topped with grilled chicken breast. Served with garlic bread.



Chicken Alfredo — 600.00

Cheesy, creamy, and oh-so-delicious!

Your choice of Fettuccini or Penne Pasta tossed in alfredo sauce with fresh mushrooms and garlic. Topped with grilled chicken breast, parmesan cheese and parsley. Served with our mouth watering garlic bread.



Arrabiata — 300.00

Feeling saucy?

Penne Pasta tossed in marinara and alfredo sauce with fresh basil, olive oil, oregano and parmesan cheese.

Add Chicken — 250.00

Add Beef — 375.00

Add Shrimp — 400.00

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SIDES

Fries	75.00
Mashed Potato	75.00
Rice	120.00
Onion Rings	150.00
Garlic Bread	75.00
Corn on the Cob	75.00
Side Salad <i>(Garden or Caesar)</i>	100.00
Seasonal Vegetables	100.00

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DESSERTS

Hot Fudge Sundae Brownie _____ 450.00

Chill out with your brownie out

The glorious chocolate blend of fudge and cake, served with hot fudge and a scoop of your favorite flavor ice cream. Have it your way, sprinkled with nuts or hold them back!

Apple Pie _____ 350.00

You are the apple of my pie

A warm pastry dessert featuring apples as the star ingredient. Served with a divine scoop of vanilla ice cream.

Cheesecake _____ 450.00

Slice, Slice baby

New York style cheesecake dressed with raspberry, blueberry, toffee or chocolate sauce.

Ice Cream _____ 200.00

We scream for ice cream

How many scoops? The perfect bowl of one, two or three scoops of heaven.

Milkshakes _____ 200.00

Let's shake things up a little

Cool off with a sweet cold blend of ice cream and milk in your favorite flavor.

Available flavors:

Vanilla, Chocolate, Strawberry, Oreo, Snickers, Kit Kat

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T-BONE



TOMAHAWK



RIBS





MOTION[®]
Restaurant, Bar and Lounge



TACO TUESDAY

FREE DRINK
WITH YOUR ORDER



FAJITA FRIDAY



MOTION[®]

Restaurant, Bar and Lounge

*Free Brownie with
every order of Fajitas*



ALL YOU CAN EAT
WINGS

500 LE

EVERY WEDNESDAY
FROM 6PM TILL 8PM



Sharm El Sheikh, Nabq- La Strada
For Reservations : +2010 9199 1755

Discounts Not Applicable

Kids Menu

(Ages 12 & Under)

Meal includes a kid's drink and a scoop of ice cream.

Drink choices of milk, juice, or soft drink.



Kid's Burger.....	400LE
Kid's Fried Chicken Burger.....	400 LE
Chicken Fingers.....	400LE
Grilled Chicken Burger.....	400 LE
Grilled Chicken on Mac n Cheese.....	400 LE
Hot Dog.....	400 LE
Spaghetti Bolognese.....	400 LE

Sides

(Choose one)



- Fries
- Mashed Potato
- Rice
- Garlic Bread
- Corn on the Cob
- Seasonal Vegetables



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BEVERAGE MENU



BEER

BOTTLE

Heineken 330ml	250 LE
Sakara Gold 500ml	250 LE
Stella 500ml	250 LE
Meister Max 330ml	300 LE
Desperados	300 LE

LOCAL SPIRITS

LOCAL SPIRITS PREMIUM

Vodka Blue 40	400 LE
Gin Butlers	400 LE
Rum Cubana	400 LE
Tequila Malvado	400 LE
Whiskey Devlin	450 LE

READY TO DRINK

ID Watermelon Vodka 275ml	300 LE
ID Energy Vodka 275ml	300 LE
Butler's Lemon & Mint Gin 275ml	300 LE
Blue 40 Freeze (Original / Pink Berry)	300 LE

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RED WINE

BOTTLE GLASS

Omar Khayyam	1050 LE	280 LE
365	1100 LE	
Grand Marquis	1300 LE	
Castello Di Trevi	1300 LE	
Cape Bay	1650 LE	
Chateau De Granville	1750 LE	

SPARKLING WINE

Valmont Rose/White	2200 LE	
Le Baron Rose/White	2200 LE	

WHITE WINE

Omar Khayyam	1050 LE	280 LE
365	1100 LE	
Grand Marquis	1300 LE	
Castello Di Trevi	1300 LE	
Cape Bay	1650 LE	
Chateau De Granville	1750 LE	

ROSE WINE

Omar Khayyam	1050 LE	280 LE
365	1100 LE	
Castello Di Trevi	1300 LE	

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WINE



BLUE COCONUT _____ 550LE

Going coconuts for you!

A deliciously refreshing sweet cocktail with a tropical flair. The perfect combination of vodka, pineapple juice, pina colada mix and blue curacao, with a coconut rim, it's like a party in your glass!

PIÑA COLADA _____ 550LE

You are the pina to my colada!

A true tropical classic. Made with rum, cream of coconut and pineapple juice, served with pineapple slices and cherries on top.

PORNSTAR MARTINI _____ 550LE

Fake it till you make it!

A precise combination of passion fruit, vanilla, lime juice and vodka creating an explosion of flavor for your pleasure.

GIN SMASH _____ 550LE

Let's Get Fresh

A modern classic twist of gin, lemon juice, and basil leaves creating a bright and herbaceous playground of flavor.

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TAILS

ELECTRIC PARTY _____ 550LE

Electrify my love!

A refreshing blend of vodka, gin, rum, blue curacao syrup and sweet and sour mix, served over ice with a lime garnish. Perfect for a taste of tropical paradise!

SEX ON THE BEACH SLUSHIES _____ 550LE

Life's a beach!

A fruity frozen delicious vodka-based drink blended with peach schnapps, orange and cranberry juice.

STRAWBERRY DAIQUIRI _____ 550LE

I like you berry much!

A lush blend of whole strawberries, rum, and lime juice. Sweet, refreshing, and irresistible.

FASHION MOJITO _____ 550LE

Mo-jito, Mo' fun

The traditional Cuban combination of rum, sweetness, lime, and fresh mint. All you need is love & mojitos!

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COCK

STRAWBERRY MINT MOJITO 550LE

Berry Minty Shenanigans!

Deliciously sliced strawberries, fresh mint leaves and lime juice complimenting your rum in this traditional cocktail with a fruity citrus minty vibe.

THE ULTIMATE BLOODY MARY 550LE

I love you from my head tomatoes!

The ultimately refreshing cocktail containing vodka, tomato juice, and other spices and flavorings including Worcestershire sauce, hot sauce and horseradish. Splashed with lemon juice, topped with celery, olives and cherry tomatoes. Get back in the game!

FROZEN STRAWBERRY MARGARITA — 550LE

Salt and lime, it's margarita time!

Fresh and frozen strawberries mixed with the perfect combination of tequila, triple sec and lime juice.

BLUE OCEAN VOLCANO 550LE

Erupt, Sip, Repeat.

A fruity and refreshing burst featuring rum, luscious raspberry syrup, blue curacao and zesty margarita mix.

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TAILS

Tickled Pink

550LE

Sip me baby one more time

A smooth mix of vodka, pina colada mix and sweet raspberry syrup delivering the perfect refreshing sip after a sunny day!

PURPLE HAZE

550LE

Haze, Sip, Escape!

An intriguing blend featuring vodka and rum mixed with tangy sweet and sour and luscious blackberry syrup. A vibrant refreshing cocktail that's sure to elevate your spirits!

PURPLE KISS

550LE

Kiss it Better

A fusion of rum and vodka, with a splash of coconut mixed with grape and pineapple juice. A kiss you'll never forget!



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WINE COCKTAILS

Indulge yourself with one of our fruit infused rum sangria wine cocktails, served by the glass or in a carafe, perfect for sharing. Made with the finest Omar Khayyam wines.

By The Glass _____ **550LE**

By The Carafe _____ **2000LE**

WHITE WINE COCKTAILS

Strawberry Mango Sangria

Caramel Apple Sangria

ROSE WINE COCKTAILS

Peach Rosé Sangria

Passion Fruit Punch Sangria

RED WINE COCKTAILS

Fall Spiced Apple Cider Sangria

Summer Berry Sangria

Prices are in Egyptian pounds and include 12% service charge and 14% government taxes.

MOCKTAILS

MANGO BANANA SMOOTHIE 250LE

Let's go bananas!

The perfect refreshing combination of mango and fresh bananas blended with yogurt, milk and honey. This smoothie is sure to transport you to an island paradise

STRAWBERRY PINEAPPLE SMOOTHIE 250LE

A berry special one!

Indulge in a frozen blend of strawberries and pineapples with yogurt and protein powder. A healthy and decadent treat.

BULLPRITE 250LE

Get energized!

This refreshing concoction combines the sweet, tangy goodness of fresh pineapple with the energizing kick of Red Bull and the crisp carbonation of Sprite. The perfect thirst quencher for any time of day

STRAWBERRY LIMEADE 250LE

When life gives you lemons!

Our summer cooler, this refresher has the perfect blend of sweet and tangy. Fresh lemon and lime with ripe juicy strawberries served over ice, with fresh basil

COFFEE BANANA SMOOTHIE 250LE

Life begins after coffee!

A deliciously satisfying smoothie made with premium coffee, fresh bananas, silky smooth almond milk, and a touch of honey. Topped with a sprinkle of cocoa powder, this is a blend that's sure to leave you feeling energized and refreshed

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SOFT DRINKS

Mineral Water (Large)	90 LE
Mineral Water (Small)	60 LE
Sparkling Water	90 LE
Coca-Cola	90 LE
Coke Zero	90 LE
Sprite	90 LE
Sprite Zero	90 LE
Fanta	90 LE
Tonic	90 LE
Soda	90 LE
Birell	90 LE
Schweppes (Pomegranate/Pineapple)	90 LE
Fayrouz Malt (Pineapple/Apple)	90 LE

ENERGY DRINKS

Red Bull

- Energy Drink
- Sugar Free
- White Edition
- Blue Edition

250LE

JUICES

Mango	90 LE
Guava	90 LE
Apple	90 LE
Orange	90 LE
Pineapple	90 LE

HOT DRINKS

Tea	75 LE
Cappuccino	120 LE
Americano	75 LE
Café Latte	120 LE
Espresso	90 LE
Double Espresso	140 LE
Nescafe	75 LE
Hot Chocolate	120 LE



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FIND YOUR PERFECT ESCAPE

SHISHA
(REGULAR)

300LE

VIP LUXURY
FRUIT SHISHA

600LE

Our VIP Luxury Fruit Shisha promises an exceptional experience, blending the finest exotic seasonal fruits.

AVAILABLE
FLAVORS

Apple, Blueberry, Mint,
Lemon, Kiwi, Peach, Grape,
Watermelon, Cherry,
Strawberry, Mixed Fruit.

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LATE NIGHT SNACKS

Full menu available until 2 AM

After 2 ? Or just have the munchies?

Try our:

Mixed Cheese Board	600
Fruit Platter	400
Mixed Nuts	500
Veggie Platter	350



@motionsharmelsheikh



CRAVINGS MENU

FROZEN YOGURT

- MEDIUM 140 LE
- LARGE 160 LE
- CONE 30 LE



ICE CREAM

- 1 SCOOP 90 LE
- 2 SCOOPS 140 LE
- 3 SCOOPS 190 LE
- CONE 30 LE



FLAVORS



FRENCH VANILLA



CHOCOLATE DEVOTION



STRAWBERRY



FERRERO ROCHER



KINDER



BERRY YOGURT



COTTON CANDY



OREO



CARAMEL



BANANA CARAMEL



RASPBERRY



MANGO SORBET



COFFEE



MILKSHAKES

180 LE

(CHOOSE ANY ICE CREAM FLAVOR!)



WAFFLES

Fluffy golden waffles served with toppings and sauces of your choice.

MEDIUM 100 LE
LARGE 160 LE

(INCLUDES ONE SAUCE)



SAUCES

- NUTELLA
- LOTUS
- KINDER
- PISTACHIO
- FERRERO ROCHER
- STRAWBERRY CHEESECAKE

.....50 LE

TOPPINGS

- CHOCOLATE SPRINKLES
- RAINBOW SPRINKLES
- CRUSHED OREOS
- FRESH FRUIT
- CRUSHED LOTUS
- M&M'S
- WAFER STICK

.....50 LE

FRESH JUICE

- ORANGE
- MANGO
- STRAWBERRY
- GUAVA

SLUSHEES

MIXED BERRIES /
WATERMELON 120 LE



120 LE



PROTEIN SHAKES

CLASSIC CHOCOLATE PROTEIN SHAKE 220 LE
 VANILLA PROTEIN SHAKE 220 LE
 BANANA PROTEIN SHAKE 220 LE
 BERRY BLAST PROTEIN SHAKE 220 LE
 TROPICAL PINEAPPLE PROTEIN SHAKE 220 LE



ASK ABOUT OUR DAILY
HOMEMADE CAKES, PIES
AND COOKIES !



****All prices include 14% tax****

****Discounts not applicable****

**SHARM EL SHEIKH, NABQ- LA STRADA
FOR MORE INFORMATION PLEASE CALL:**

+201030080389



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