

# Nafas

BEIRUT

BROUGHT TO YOU BY ALLO BEIRUT





# Ramadan *Specials*

<b>Soups</b>	<b>For 4</b>	<b>For 8</b>	<b>For 12</b>
Chicken Soup	55	110	165
Lentil Soup	40	80	120

<b>Drinks</b>	<b>For 4</b>	<b>For 8</b>	<b>For 12</b>
Jallab	40	80	120
Ward	40	80	120
Tout	60	100	140
Qamareddine	60	100	140

<b>Desserts</b>	<b>1/2 Kg</b>	<b>1 Kg</b>
<b>Maamoul Mad</b>		
Pistachios	55	105
Dates	35	65
Walnuts	40	80
Ashta	45	85
<b>Maamoul</b>		
Pistachios	55	105
Dates	35	65
Walnuts	45	85
<b>Fried Katayef</b>		
Walnuts	40	70
Ashta	30	60
Sfouf	33	65
Maacroun	25	40



Vine Leaves in Oil

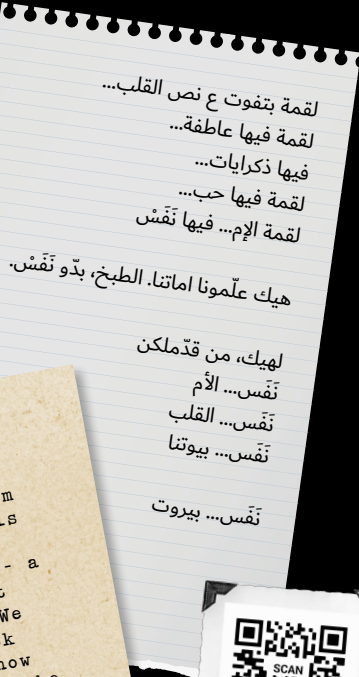
# قصتنا

our story...



One thing we have learned from watching our moms back home is to cook with heart and soul. In Arabic, we call it nafas - a breath - and it means to put your essence into cooking. We believe that people who cook with nafas don't have to know the rules, yet will always make delicious food.

And so we bring you  
Nafas... our cherished mothers  
Nafas... our humble homes  
Nafas... our beloved city  
Nafas... Beirut



لقمة بتفوت ع نص القلب...  
لقمة فيها عاطفة...  
فيها ذكريات...  
لقمة فيها حب...  
لقمة الإم... فيها نَفَسْ  
هيك علمونا اماتنا. الطبخ، بدو نَفَسْ.

لهيك، من قَدَمَلْكن  
نَفَسْ... الأم  
نَفَسْ... القلب  
نَفَسْ... بيوتنا  
نَفَسْ... بيروت



watch  
our story

Allo Beirut

# Appetizers

نقّس  
ست الكل...  
بيروت



Cold Bites	For 4	For 8	For 12
Hummus	38	69	110
Mouttabbal	38	69	110
Vine Leaves in Oil	55	105	149
Mouhammara	42	72	115
Dolma	65	110	165
Tabbouleh	45	75	119
Fattouch	45	75	119
Hot Bites	1 Dozen	2 Dozens	
Sfiha Baalbakieh	30	58	
Sambousek	30	58	
Spinach Fatayer	30	58	
Kebbeh Balls	42	89	
Mini Pizzas	30	58	

Sambousek &  
Kebbeh Balls



Vine Leaves &  
Marrows with  
Cutlets





from the  
heart of a  
Lebanese  
city  
kitchen

Chef's  
Special

Half Baby Lamb  
Stuffed with  
Vines Leaves

AED 1,100  
Serves 12-15

Feast Trays

Main Courses	For 4	For 8	For 12
Vine leaves and Marrows with cutlets	185	330	480
Vine Leaves and Marrows with Lamb intestines	175	325	475
Oriental Lamb or Majbous Lamb	185	330	485
Oriental Chicken or Majbous Chicken	155	280	410
Makloubeh Eggplant	175	325	480
Lamb Freekeh	140	280	410
Chicken Freekeh	175	320	450
Bourghol B Dfine	250	490	730
Sayadieh	350	690	990
Whole Hammour with Harra Traboulsieh	350	690	990
Whole Hammour with Harra Beyroutieh			

order 48 hours in advance

Shakrieh with  
Whole Lamb Chunks



Kebbeh  
& Shish Barak



*Service at  
your home*

Main Courses	For 4	For 8	For 12
Kebbeh & Shish Barak	155	280	410
Kebbeh Arnabieh	155	280	410
Shakrieh with Whole Lamb Chunks	175	320	450

Kebbeh Arnabieh



Shawarma Stations



*Live Catering Stations*

**Shawarma Chicken**

10kgs - AED 1,600

**Shawarma Beef**

10kgs - AED 1,800

**Saj**

AED 1,200

**Falafel**

AED 1,200

**BBQ**

10 people - AED 1,000

15 people - AED 1,350

20 people - AED 1,750



*All of the above includes Service*



Oriental Chicken





Majbous Lamb



A top-down view of a large, round metal platter filled with a traditional Middle Eastern dish. The platter is set on a surface of white tiles with a blue floral pattern. The dish consists of a bed of light-colored rice, topped with several pieces of roasted chicken that have a golden-brown, slightly charred skin. Scattered throughout the rice and chicken are numerous slivered almonds, some showing their natural green color and others appearing toasted to a light brown. A single bay leaf is tucked into the rice on the right side of the platter. The lighting is bright, highlighting the textures of the food.

Chicken Freekeh



Makloubeh Eggplant  
& Cauliflower



Hammour with  
Harra Beyroutieh



Burghol B Dfeen





*Nafas*  
BEIRUT

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