

THE BARN

HEALTHY EATERY

== MENU ==

MIX YOUR OWN

Mix and match whatever your heart desires, from our healthy & organic cereals dropped in our daily fresh yogurts or milks and finally topped with the most nutritious of superfoods.

YOGURT

Simply Yummy Yogurts

GREEK YOGURT

16 500 LL

High protein power up yogurt

NATURE'S YOGURT

16 500 LL

All natural stomach soothing

MILK

Dairy or Nut mylks

ALMOND / SOY / OAT / COCONUT / CHOCO ALMOND

14 500 LL

DAIRY MILK %0 OR FULL FAT

7 500 LL

CEREALS

Immensely nutritious 100% organic. Crunchy Country Cereals

5 GRAIN OAT CEREAL MIX

9 500 LL

Premium 5 grain whole oats

MIGHTY GRANOLA

10 500 LL

Crunchy blend of premium oat cereals and honey mix.

CHOCO GRANOLA

10 500 LL

Crunchy blend of premium oat cereals & natural Cacao mix.

FARM FRESH FRUITS

GRANNY APPLES - BANANAS

3 500 LL

- STRAWBERRIES - PEARS - KIWIS -

4 500 LL

- POMEGRANATES -

9 000 LL

- BLUEBERRIES -

12 000 LL

- MANGOS -

9 000 LL

SUPER FOOD SPECIALS

Nature's very own superfood nuts & seeds

CHIA SEEDS - PUMPKIN SEEDS - SESAME SEEDS

- SUNFLOWER SEEDS -

3 500 LL

ALMONDS - PECANS - HAZELNUTS - CASHEWS

- WALNUTS - PISTACHIOS

6 000 LL

SUN-DRIED FRUITS

Naturally sun-dried, free of additives and sugars

- MIXED RAISINS - COCONUT SLICES - FIGS

- CRANBERRIES - GOJI BERRIES - DATES

5 500 LL

SWEET & SAVOURY

Nature's very own Savoury sweeteners

HONEY - AGAVE - CHOC/AGAVE -

8 000 LL

= QUICKIES! =

Chia - Pudding

BANANABERRY-CADO

28 500 LL

Chia almond pudding topped with avocado purée, strawberries, bananas, crushed almonds and honey.



HELLO YELLOW

33 000 LL

Chia almond pudding topped with mangos, pomegranate seeds, pumpkin seeds, coconut chips and agave syrup.

POWER QUICKIE

27 000 LL

Chia almond pudding topped with almond butter, bananas, cashews, chia seeds, and agave syrup.

SUPER BERRIES

33 000 LL

Chia almond pudding topped with strawberries, kiwis, blueberries, dried cranberries, cashew nuts and honey.

SIMPLY FRUITY

27 000 LL

Chia almond pudding topped with a strawberry & banana mix, mangos, avocado purée, kiwis, dried cranberries, hemp seeds and agave syrup.



CHOCONUT

30 000 LL

Chia almond pudding, strawberries, pomegranate seeds, chocolate nibs, pistachios and choco-agave syrup.

= QUICKIES! =

Oat - Meal



APPLE OATMEAL

22 500 LL

Vanilla-oat mash topped with Cinnamon, Raisins, Pecans, Apple compote & Fresh granny apple slices.

BERRYOATMEAL

27 000 LL

Vanilla-oat mash topped with fresh Blueberries, Kiwis, Strawberries & drizzled with Blueberry puree' & Rose petals.

GINGER -RASPBERRY

30 000 LL

Ginger-oat mash topped with Raspberries, Pistachios, Cacao nibs & drizzled with Raspberry puree'.

CHOCO-PB & B

27 000 LL

Cacao-oat mash topped with Banana slices, Peanut butter, dry Cranberries, Pumpkin seeds Cacao nibs & Raspberry puree'.

CHOCO-ROSE'

26 500 LL

Cacao-oat mash topped with fresh Avocados, Pomegranates Strawberries, Rose petals & drizzled with Mulberry puree'.

CHOCO-MANGO

29 500 LL

Cacao-oat mash topped with fresh Mangos, Strawberries, Bananas, Coconuts slices & drizzled with Mulberry puree'.

TOASTEES

Our immensely nutritious open faced "pain de campagne" bread toasts are designed to boost your energy levels while providing all the necessary antioxidants, minerals and vitamins your body needs.



LA BNE' Ô KALE

21 500 LL

Barn style labneh topped with shredded Kale, raisins and a dash of extra virgin olive oil.

FETA Ô DATES

27 000 LL

Farmhouse feta topped with chopped dates, almonds and a drizzle of agave syrup.

LA BNE' BARN STYLE

23 500 LL

Barn style labneh topped with sliced kumquats, pistachios, raisins and a dash of extra virgin olive oil.

FETA Ô BALSAMIC

26 500 LL

Farmhouse feta topped with cooked grape tomatoes, oregano, wild zaatar & a dash of extra virgin olive oil and balsamic.

LA BNE' A LA LIBANAISE

20 500 LL

Barn style labneh topped with sliced cucumbers, wild zaatar, pomegranates & a dash of extra virgin olive oil.

FETA Ô RASPBERRY

28 500 LL

Farmhouse feta topped with raspberry puree, pistachios & sprinkled with dried rose flower.

TOASTEES

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CHEVRE Ô FRAISES

35 500 LL

Farmhouse goat cheese topped with fresh strawberries and sprinkled with all natural honey & chia seeds.

FIG FEST

35 000 LL

Farmhouse goat cheese topped with chopped sun-dried figs and sprinkled with sesame seeds and a dash of all natural honey.

CHEVRE Ô BERRY

36 500 LL

Farmhouse goat cheese topped with sun-dried cranberries, Goji berries and walnuts.

CHEVRE Ô TURKEY

40 500 LL

Farmhouse goat cheese topped with smoked turkey, pistachios, fresh green apples & sprinkled with chia seeds.

CECI N'EST PAS UN CHEESE

27 500 LL

Almond cheese mixed with wild thyme and topped with cherry tomatoes, rocket leaves, raddish slices and virgin olive oil.

CHEVRE Ô APRICOT

35 500 LL

Farmhouse goat cheese topped with apricot puree, walnuts, arugula & pomegranates.

TOASTEES

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SIMPLY SALMON

43 500 LL

Wild smoked salmon a bed of greek yogurt with chopped lemon hearts and dill.

VOCA-CHILLI

27 500 LL

Avocado toast topped with chopped almonds, fresh chilli & a dash of chilli olive oil.

SALMON Ô MANGO

47 500 LL

Grilled wild salmon cubes mixed with steamed edamame beans, avocados, pomegranates, mangos & drizzled with mango sauce.

MOZZARELLY

37 000 LL

The freshest of fresh mozzarella slices coupled with spinach leaves, sun-dried cranberries, extra virgin olive oil and a dash of balsamic.

ALMONANA

28 500 LL

Stone ground Almond butter topped with banana slices and sprinkled with chia seeds.

PEANUT ET BERRY

28 500 LL

Crunchy Peanut butter over a bed of blueberry puree and sprinkled with crushed hemp seeds.

SUPER SALADS

Our immensely fresh garden greens are perfect for a vitamin packed brunch that is super healthy and light on the stomach.

BARN STYLE QUINOA

41 000 LL

Duo quinoa, red endive, rocket leaves, cherry tomatoes, pomegranate seeds, walnuts, dried figs, kumquats and pumpkin seeds.

(Apricot sauce)

KALE OVERLOAD

42 000 LL

Vibrantly green Kale, avocados, red grapefruit, orange, lolo verde, fresh mushroom, hazelnuts and sprinkled with crushed cashews.

(Blueberry sauce)

VERY BERRY GREEN

38 000 LL

Wild greens, dried cranberries, apple, iceberg, pear, strawberry, almonds and chia seeds.

(Orange grapefruit sauce)

BEETROOT BOOST

39 000 LL

Perfectly boiled beetroot, Goji berries, pecans, endives, strawberries, feta cheese, cherry tomatoes and rocket leaves.

(Strawberry sauce)

MIGHTY SHRIMP

65 000 LL

Grilled shrimps on a bed of baby spinach leaves, Strawberries, lollo, pomegranate seeds, mangos, dried cranberries, kiwis & pumpkin seeds.

(Mango sauce)

TORTUNA

68 000 LL

Poppy Seared tuna on a bed of Kale, lolo verde, broccoli, granny apples edamame beans, cucumber skins & sesame seeds.

(Honey & grain mustard sauce)

OCTOSALAD

62 000 LL

Grilled wild octopus on a bed of celery, arugula, beetroot, bell peppers, shredded carrots, lolo rosso, radish & pistachios.

(Lemongrass sauce)

EGGS-QUISITES

Our %100 organic free range egg delights come in different forms and combine exquisite tastes.

THREE EGGS & HAM

42 500 LL

Our 3 eggs special comes with different flavours, egg on ham, egg on turkey, and spinach and kale mini omlette.

EGG A L'AVOCAT

41 500 LL

Avocado toast topped with eggs, shredded kale, almonds, and pomegranate seeds.



EGG Ô QUINOA

39 500 LL

Eggs on a bed of oven baked quinoa, fresh mushrooms & baby spinach.

EGG Ô PESTO

39 500 LL

Pesto toast topped with fresh mushrooms, eggs, baby spinach & shredded kale.

BARN CIABATTAS



LA BNE' Ô PESTO

41 500 LL

Labneh mixed with tomato, basil, pistachios and raisins, sprinkled with extra virgin olive oil and himalayan salt.

BRESA OH LA

58 000 LL

Thinly sliced bresaola, rocket leaves, parmesan, fresh mushrooms, pecans and a dash of chilli olive oil.



DIN DARELLA

46 500 LL

Sliced turkey breast, fresh mozzarella, rocket leaves, pomegranate seeds, dried cranberries, fresh mushrooms and chia pesto sauce.

HAM-BON

46 500 LL

Smoked ham slices, lolo verde, rocket leaves, dried cranberries, and hemp moutarde.

||| OUR NEWEST |||

ROAST-TURKEY Ô BERRY CIABATTA

Our homemade ciabatta filled with Oven Roasted turkey, Cranberry puree, Baby spinach, Goat-cheese and pistachio nuts.



OUR HOT SOUPS



PUMPKIN Ô GINGER

28 000 LL

GREEN SOUP

28 000 LL



OUR HOT DISHES



SALMON Ô BERRY

96 000 LL

Grilled wild salmon on top of wild rice, brussels sprouts, brocolie, celery & shredded carrots.

(Raspberry sauce)

SHRIMPS A-L-ANCIEN

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Char-grilled grain mustard Shrimps along with oven roasted potatoes & sprinkled with our nutty herb mix.

(Sauce a l-ancienne)

SALMONTINI

86 000 LL

Green herb roasted wild salmon on a bed of sauteed baby spinach with a side of infused potato puree.

(Green sauce)



DESSERTS



THE BARN FRUIT SALAD

20 000 LL

WEEKLY SPECIAL CAKE

18 500 LL

FARM HOUSE COOKIES

20 000 LL



JUICY JUICES



Pick from our daily fresh, cold pressed juicy juices and barn style lemonades.

APPLE - ORANGE - CARROT - GRAPEFRUIT

12 000 LL (250ml)

16 000 LL (450ml)

LEMONADE - MINTED LEMONADE - BASIL LEMONADE

16 000 LL (450ml)

= OUR CHOCOLAT CHAUD =

A marvelous blend dunked with our signature Cacao spoon

19 500 LL

“ OUR CAFÉ ”



ESPRESSO / DECAF

9 500 LL

AMERICAN/CANO

13 000 LL

CAPPUCINO

13 000 LL

CAFE LATTE

13 000 LL

MACHIATO

9 500 LL

ALMOND LATTE/SOY/OAT

16 500 LL

FLAT WHITE

13 000 LL

MATCHA LATTE

18 500 LL

“ OUR THÉ ”

Our tea selection comes from the finest of blends courtesy of our friends @BLUEHOUSETEA



EARL GREY

12 500 LL

IRON GODDESS

15 500 LL

FORBIDDEN BERRIES

12 500 LL

MOUNT LEBANON

12 500 LL

DETOX BLEND

12 500 LL

LAPSANG

12 500 LL

MATCHA

16 000 LL

≈ WATER ≈

SOHAT GLASS .33L
5 000 LL

SOHAT GLASS 1L
8 000 LL

PERRIER .33L
12 500 LL

ST. PELLEGRINO
16 000 LL

☐ SUNDOWN DRINKS ☐

🍷 WINE 🍷

VIN SUR VIN
(Blanc)

🍷
19 000 LL

VIN SUR VIN
(Rosé)

19 000 LL

VIN SUR VIN
(Rouge)

23 000 LL

🍷 ARAK PUNCH 🍷

A Specialty Arak mix Courtesy of our friends
@BARNATIONAL

32 000 LL