

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

12 000 LL

High protein power up yogurt

NATURE'S YOGURT

12 000 LL

All natural stomach soothing

☺ MILK ☺

Dairy or Nut mylks

ALMOND / SOY / OAT / COCONUT MYLK

10 500 LL

DAIRY MILK %0 OR FULL FAT

5 500 LL

☺☺ CEREALS ☺☺

Immensely nutritious 100% organic. Crunchy Country Cereals

5 GRAIN OAT CEREAL MIX

7 500 LL

Premium 5 grain whole oats

MIGHTY GRANOLA

8 000 LL

Crunchy blend of premium oat cereals and honey mix.

CHOCO GRANOLA

8 500 LL

Crunchy blend of premium oat cereals & natural Cacao mix.

☺ FARM FRESH FRUITS ☺

GRANNY APPLES - BANANAS

2 500 LL

- STRAWBERRIES - POMEGRANATES - KIWIS -
- MANGOS - PEARS -

3 500 LL

- BLUEBERRIES -

7 500 LL

= SUPER FOOD SPECIALS =

Nature's very own superfood nuts & seeds

CHIA SEEDS - PUMPKIN SEEDS - SESAME SEEDS
- SUNFLOWER SEEDS -

2 500 LL

ALMONDS - PECANS - HAZELNUTS - CASHEWS
- WALNUTS - PISTACHIOS

4 500 LL

☺ SUN-DRIED FRUITS ☺

Naturally sun-dried, free of additives and sugars

- MIXED RAISINS - COCONUT SLICES - FIGS
- CRANBERRIES - GOJI BERRIES - DATES

4 500 LL

}} SWEET & SAVOURY }}

Nature's very own Savoury sweeteners

HONEY - AGAVE - CHOC/AGAVE -

6 000 LL

= QUICKIES! =

Chia - Pudding

BANANABERRY-CADO

26 500 LL

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

HELLO YELLOW

25 000 LL

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

POWER QUICKIE

26 500 LL

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



SUPER BERRIES

30 500 LL

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

SIMPLY FRUITY

24 500 LL

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

CHOCONUT

27 000 LL

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



= QUICKIES! =

Oat - Meal



APPLE OATMEAL

20 000 LL

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

BERRYOATMEAL

25 000 LL

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

GINGER -RASPBERRY

27 500 LL

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

CHOCO-PB & B

25 500 LL

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

CHOCO-ROSE'

22 500 LL

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

CHOCO-MANGO

23 500 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

18 500 LL

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

FETA Ô DATES

24 000 LL

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

LA BNE' BARN STYLE

20 500 LL

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

FETA Ô BALSAMIC

23 500 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

17 500 LL

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

FETA Ô RASPBERRY

25 500 LL

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

TOASTEES

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CHEVRE Ô FRAISES

32 000 LL

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

FIG FEST

32 000 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

33 000 LL

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

CHEVRE Ô TURKEY

34 000 LL

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

CECI N'EST PAS UN CHEESE

24 500 LL

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

CHEVRE Ô APRICOT

30 500 LL

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

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.



SIMPLY SALMON

39 500 LL

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

VOCA-CHILLI

24 000 LL

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

SALMON Ô MANGO

44 500 LL

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

MOZZARELLY

33 000 LL

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

ALMONANA

25 500 LL

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

PEANUT ET BERRY

25 500 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

32 000 LL

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

(Apricot sauce)

KALE OVERLOAD

35 000 LL

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

(Blueberry sauce)

VERY BERRY GREEN

29 500 LL

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

(Orange grapefruit sauce)

BEETROOT BOOST

32 000 LL

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

(Strawberry sauce)

MIGHTY SHRIMP

52 500 LL

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

(Mango sauce)

TORTUNA

54 500 LL

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

(Honey & grain mustard sauce)

OCTOSALAD

58 000 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

31 500 LL

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



EGG Ô QUINOA

32 500 LL

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

EGG A L'AVOCAT

29 500 LL

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

EGG Ô PESTO

28 500 LL

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

□ BARN CIABATTAS □



LA BNE' Ô PESTO

27 000 LL

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

BRESA OH LA

46 000 LL

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

DIN DARELLA

32 000 LL

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

HAM-BON

30 000 LL

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



≈ OUR HOT DISHES ≈

SALMON Ô BERRY

-

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

(Raspberry sauce)

ISLAND SHRIMP

-

Coconut shrimps on a bed of raisin & bell pepper rice along with an oven baked potato.

(Coconut sauce)

SALMONTINI

-

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

20 000 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

8 000 LL (250ml)

12 000 LL (450ml)

- POMEGRANATE -

14 000 LL (250ml)

23 000 LL (450ml)

LEMONADE - MINTED LEMONADE - BASIL LEMONADE

12 000 LL (450ml)

= OUR CHOCOLAT CHAUD =

A marvelous blend dunked with our
signature Cacao spoon

19 500 LL

“ OUR CAFÉ ”



ESPRESSO / DECAF

8 000 LL

AMERICAN/CANO

11 000 LL

CAPPUCINO

11 000 LL

CAFE LATTE

11 000 LL

MACHIATO

9 000 LL

ALMOND LATTE/SOY/OAT

16 500 LL

FLAT WHITE

12 000 LL

MATCHA LATTE

16 000 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

≈ WATER ≈

SOHAT GLASS .33L

3 500 LL

SOHAT GLASS 1L

8 000 LL

PERRIER .33L

10 500 LL

ST. PELLEGRINO

14 000 LL

☐ SUNDOWN DRINKS ☐

🍷 WINE 🍷



VIN SUR VIN
(Blanc)

15 000 LL

VIN SUR VIN
(Rosé)

15 000 LL

VIN SUR VIN
(Rouge)

18 000 LL



ARAK PUNCH



A Specialty Arak mix Courtesy of our friends
@BARNATIONAL

22 000 LL