PAUL

depuis 1889



Breakfast Menu



PAUL, bakers at heart

In 1889, when my great-great grandparents opened their first bakery, they would never have imagined that one day their passion for bread would take us so far away from France… and that you would welcome us so warmly to Bahrain!

With more than 137 years of history, we are truly happy to continue sharing our most important values with you, those which have been passed down through 5 generations of our family: love for bread, the French "art de vivre" and the constant monitoring of the quality of our products…

Wonderfully combining tradition and modernity, our chefs have created the best platters for you: generous salads topped with the best ingredients, traditional dishes with a creative twist, and your favourite mouth-watering patisseries…

You will also find some favourite local dishes using local ingredients and spices but each dish has been given a small French touch.

Sit down, relax, and let your savoury journey to France begin here.

Bienvenue chez PAUL et… bon appétit !

Maxime HOLDER
Chairman
PAUL International



bien manger PAUL

Eat well, well-being

Because we have been feeding people since 1889, we know that, at any age, pleasure must be associated with well-being.

In this respect, PAUL offers you a range that is both nutritionally balanced and full of taste. A range that has been conceived so that we can offer you something for every occasion.

At breakfast, lunch or dinner, taste our high-quality products all made especially for you by our teams, ensuring authenticity, emphasising the natural ingredients whilst being attentive to the need for a balanced diet.

We hope that you will enjoy this new range as much as we have enjoyed bringing it all together for you.

WELL-BEING RANGE

VEGETARIAN - No meat, no fish, but may contain eggs or dairy products.

Viennoiseries

At PAUL, all our viennoiseries are crafted with 100% pure butter for an authentically rich taste



Gourmandise	1.9
Apple Turnover	1.9
Escargot aux Raisins	1.9
Apple Grillé	1.9

SET MENU BREAKFAST

Parisien 5.6
1 hot beverage
+ 1 viennoiserie of your choice
1/2 baguette, butter & jam (apricot & strawberry)

Continental 6.6
1 hot beverage + 1 fresh orange juice + 1 viennoiserie of your choice + 1/2 baguette, butter & jam (apricot & strawberry)

Complet 7.7
1 hot beverage + 1 fresh orange juice + 1 viennoiserie of your choice + 1/2 baguette, butter & jam (apricot & strawberry) + plain omelette, served with side salad



Plain Croissant	1.5
Almond Croissant	1.9
Cheese Croissant	1.7
Zaatar Croissant	1.7
Pistachio Croissant	1.9



Pain au Chocolat	1.7
Pain au Chocolat Almond	1.9
Pain au Chocolat Pistachio	1.9
Palmier	1.7

Gluten Egg Milk Nuts Soybeans

All prices in BHD. Prices are inclusive of 5% VAT.

Pastries



Chocolate Tartlet 2.9
Rich dark chocolate ganache in a crisp sweet pastry shell.

Strawberry Tartlet 2.9
PAUL signature fresh strawberries arranged over smooth pastry cream in a crisp sweet tart shell, lightly glazed for bright sweetness.

Apricot Anglaise 1.9
PAUL signature flaky buttery pastry filled with tender apricots and light custard, offering a bright, gently caramelized fruity delight.

Apple Tartlet 1.9
Thin buttery pastry topped with tender baked apples, lightly caramelized and glazed for a crisp, delicately sweet finish.

Lemon Tartlet 2.9
PAUL signature zesty lemon cream in a crisp sweet tart shell, finished with a light glaze for bright, refreshing flavour.

Strawberry Cheesecake 2.9
Creamy cheesecake layered with sweet strawberry topping on a buttery base.

Strawberry Millefeuille 2.9
PAUL signature layers of crisp caramelized puff pastry with vanilla cream and fresh strawberries.



Strawberry Éclair 2.6
A light choux pastry filled with silky vanilla cream and fresh strawberries.

Chocolate Éclair 2.6
PAUL signature light choux pastry filled with rich chocolate cream and topped with smooth glossy chocolate icing.



PAUL's exclusive 80 g macarons combine a generous size with delicate almond shells and rich, indulgent fillings across a variety of signature flavours.

Raspberry Macaron 2.6

Chocolate Macaron 2.6

Pistachio Macaron 2.6

Vanilla Macaron 2.6

Gluten Egg Milk Nuts Soybeans

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Eggs & Omelettes



Poached Eggs and Caramelized Dauphinois Potatoes 6.6

Poached eggs, caramelized potato gratin dauphinois, rosemary and thyme infused parmesan sauce, served with a side salad.



Truffle Scrambled on Toast New 6.4

Shavings of black truffle on fluffy scrambled eggs, served on top of brioche bread, served with a side salad.



Labneh Harissa and Fermented Olives 5.6

Poached eggs, creamy labneh infused with dehydrated olive dukkha & hazelnut za'atar, bathed in a spiced beurre noisette, served with fougasse bread on the side.



Eggs Your Way 4.2

Your choice of: fried eggs, scrambled, sunny side up or plain omelette. Served with a side salad.

Add on:

Mixed vegetables **4.3**

Emmental cheese **0.9**

Gluten Egg Milk Nuts Less than 600 calories Sesame Seafood

All prices in BHD. Prices are inclusive of 5% VAT.

Eggs & Omelettes



Eggs Royal 6.2
Two poached eggs on brioche bun, topped with hollandaise sauce and smoked salmon, served with a side salad & hashbrown potato.

Eggs Benedict 6.4
Two poached eggs on brioche bun, topped with hollandaise sauce and veal ham, served with a side salad & hashbrown potato.



Avocado Poached Eggs 6.6
Two poached eggs with avocado, toasted brioche bread with cream cheese and dill, baby spinach, topped with hollandaise sauce, served with a side salad and hash brown potato.



Halloumi Pesto Quinoa 6.9
Quinoa, pesto, chia crackers, grilled halloumi, avocado, sweet potato, chickpeas, rocket leaves served with mandarin dressing, topped with your choice of poached or boiled egg.



Salmon Croll 6.6
Poached egg, layered on smoked salmon, tartar cream cheese, rocket leaves, over a croissant croll, drizzled with our hollandaise sauce, garnished with crispy crushed onions, and a side salad.

Sandwiches & Toasts



Halloumi Pesto 5.6
Grilled halloumi, polka bread, pesto, sundried tomato, fresh tomatoes, cucumber, basil, rocca, served with a side salad.



Triple Avocado Smash New 5.9
Crushed avocado, served on top of a slice of toasted ancien bread, garnished with crispy cashew cereal. Add Egg: **0.7**

Croissalmon Avocado 5.9
Fresh croissant delicately filled with mixed greens, scrambled eggs, smoked salmon, fresh avocado, served with a side salad.

Feta Avocado Tartine 5.9
Avocado, scrambled eggs, topped with crumbled feta cheese, served on our crispy toast.



Beef Ham & Cheese Baguette 5.9
Classic beef ham and gruyere cheese, on salted peppered butter, served with a side salad.



Croque-Monsieur 6.9
Classic French open-faced sandwich with beef ham and gruyere cheese on crispy bread, served with a side salad.
Add egg: the Croque-Madame version, topped with your choice of poached or fried egg. **0.7**

Gluten Egg Milk Nuts Seafood Vegetarian Less than 600 calories Soybeans

All prices in BHD. Prices are inclusive of 5% VAT.

French Toast & Acai



Red Fruits Chia Pudding 4.2
Chia seeds & coconut milk base topped with red fruit coulis & fresh red fruits.

Acai Bowl 4.2
Served with seasonal fruits.

Add on:
Granola **0.5**
Dried Nuts **0.5**



French Toast 4.2
PAUL's baked brioche, packed with creamy vanilla, served with vanilla ice cream and garnished with red fruits.



Mango Chia Pudding 4.2
Chia seeds & coconut milk base topped with mango coulis & fresh mangoes, pomegranate, & almond flakes.



Acai Peanut Butter 4.2
Served with peanut butter and banana.

Add on:
Granola **0.5**
Dried Nuts **0.5**

Gluten Egg Milk Nuts Soybeans Vegetarian Less than 600 calories

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Beverages

SMOOTHIES



Heart Beet 2.9
A heartful combination of beetroot, avocado, and apple garnished with a beetroot tuile.

"Miel et Soleil" 2.9
Mango nectar blended with passion fruit and a pinch of turmeric, garnished with sumac and fresh tropical mango.

Greenfields 2.9
Crisp tropical fruits combined with fresh spinach and a hint of ginger.

PAUL Mix 2.9
A flavour adventure of fresh kiwi, mango juice and fresh strawberry juice.

MATCHA SELECTION



Matcha Latte (Hot/Iced) 2.9
Indulge in the exquisite experience of Japanese tradition with a rich, velvety smooth texture.

Matcha Whipped Coffee 2.9
Smooth matcha topped with airy whipped coffee for a bold, creamy contrast.

Matcha Affogato 3.2
Creamy ice cream finished with a warm pour of earthy matcha.

TEA INFUSION

Chamomile Yuzu 2.9
A refreshing fusion of cold brew chamomile tea with a Japanese twist.

Cold Brew Hibiscus Berry 2.9
Smooth mellow combination of cold brew hibiscus infused with blackcurrant and natural honey.

Passion Surprise 2.9
A thirst-quenching blend of passion fruit, cold brew chamomile tea and sage.

FRESH JUICES

Orange, Orange & Carrot, Carrot, Kiwi (3.6), Mango (3.6), Strawberry (3.6) 2.6

TEA SELECTION

Thé noir Breakfast, Thé noir Vanilla, Thé noir Earl Grey, Thé vert Menthe, Thé vert Yunann, Camomille 2.4

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SIGNATURE COLLECTION



Spanish Latté (Hot/Iced) 2.9
Our signature method of making a Spanish latté, creating a rich-velvety and smooth-creamy texture.

Caramel Cappuccino 2.9
Coffee, caramel and velvety frothed milk, drizzled with indulgent caramel on top.

Vanilla Almond Latté 2.9
Almond milk, coffee, with Madagascar vanilla sprinkled and roasted almond flakes.

Cinnamon Honey Latté 2.9
Velvety smooth latte spiced up with cinnamon and natural honey.

"L'Onctueux" Hot Chocolate 2.6
Rich, velvety chocolate melted into warm milk for a comforting classic.

OTHER DRINKS

Acqua Panna (Small/Large)	1.4 / 2.7
Sparkling Water (Small/Large)	1.8 / 3.1
Soft Drinks	1.7

CLASSIC COFFEES

Espresso (S/D)	1.6 / 1.9
Café Crème	2.6
Cappuccino	2.6
Flat White	2.6
Cortado	2.1
Piccolo	1.9
Americano	2.6
Mocha	2.6
Alternative milk substitutes: Coconut / Almond / Oat / Soy	0.6

COMFORT & INDULGENCE



Chocolate Duo Café Frappé 2.9
Indulgent rich chocolate and crunchy coffee beans topped with whipped cream, dark chocolate sauce and toffee caramel.

Coffee Frappé 2.9
An improved recipe of rich-flavour coffee with a creamy and indulgent taste.

Low-Calorie Frappé 2.9
Selection of caramel or hazelnut.

Frozen Mint Lemonade 2.6
An icy blend of zesty lemon and cool mint.

ENCOURAGE
a balanced diet

REDUCE
the impact of our packaging

SUSTAIN
actions of solidarity

SELECT
Wheat flour for
our bread

BAN
artificial colours and
flavours

DEVELOP
vegetarian offerings

SUPPORT
animal welfare

FIGHT
against food wastage

FACILITATE
access to employment



NUTRITION, ENVIRONMENT, COMMUNITY,

PAUL commits

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PAUL Arabia

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