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 Oman!

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	492Cal	**1.6**
Apple Turnover	348Cal	**1.5**
Escargot aux Raisins	313Cal	**1.6**
Apple Grillé	294Cal	**1.5**

SET MENU BREAKFAST

Parisien 4.4
1 hot beverage
+ 1 viennoiserie of your choice
1/2 baguette, butter & jam (apricot & strawberry)

Continental 5.4
1 hot beverage + 1 fresh orange juice + 1 viennoiserie of your choice + 1/2 baguette, butter & jam (apricot & strawberry)

Complet 7.4
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	247Cal	**1.4**
Almond Croissant	515Cal	**1.7**
Cheese Croissant	342Cal	**1.5**
Zaatar Croissant	265Cal	**1.5**
Pistachio Croissant	695Cal	**1.7**



Pain au Chocolat	301Cal	**1.6**
Pain au Chocolat Almond	444Cal	**1.7**
Pain au Chocolat Pistachio	699Cal	**1.7**
Palmier	345Cal	**1.3**

Gluten Egg Milk Nuts Soybeans

All Prices are in OMR. Our prices are subject to 5% municipalities tax (excluding take away & delivery), 4% tourism tax & 5% VAT.

Pastries



Chocolate Tartlet 396Cal **2.6**
Rich dark chocolate ganache in a crisp sweet pastry shell.

Strawberry Tartlet 288Cal **2.7**
PAUL signature fresh strawberries arranged over smooth pastry cream in a crisp sweet tart shell, lightly glazed for bright sweetness.

Apricot Anglaise 379Cal **1.7**
PAUL signature flaky buttery pastry filled with tender apricots and light custard, offering a bright, gently caramelized fruity delight.

Apple Tartlet 338Cal **1.7**
Thin buttery pastry topped with tender baked apples, lightly caramelized and glazed for a crisp, delicately sweet finish.

Lemon Tartlet 320Cal **2.4**
PAUL signature zesty lemon cream in a crisp sweet tart shell, finished with a light glaze for bright, refreshing flavour.

Strawberry Cheesecake 663Cal **2.6**
Creamy cheesecake layered with sweet strawberry topping on a buttery base.

Strawberry Millefeuille 577Cal **2.7**
PAUL signature layers of crisp caramelized puff pastry with vanilla cream and fresh strawberries.



Strawberry Éclair 315Cal **2.1**
A light choux pastry filled with silky vanilla cream and fresh strawberries.

Chocolate Éclair 213Cal **2.2**
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 371Cal **2.6**

Chocolate Macaron 356Cal **2.6**

Pistachio Macaron 362Cal **2.6**

Vanilla Macaron 431Cal **2.6**

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Eggs & Omelettes



Poached Eggs and Caramelized Dauphinois Potatoes 925Cal **5.4**

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



Truffle Scrambled on Toast **6.4**

New 764Cal

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



Labneh Harissa and Fermented Olives 966Cal **4.6**

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 **4.6**

Your choice of: fried eggs 263Cal or scrambled 535Cal or sunny side up 535Cal or plain omelette 342Cal. Served with a side salad.

Add on:
Mixed vegetables **0.9** 13Cal
Emmental cheese **0.9** 311Cal

Gluten Egg Milk Nuts Less than 600 calories Sesame Seafood

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Eggs & Omelettes



Eggs Royal 6.4
Two poached eggs on brioche bun, topped with hollandaise sauce and smoked salmon, served with a side salad & hashbrown potato.

Eggs Benedict 5.9
Two poached eggs on brioche bun, topped with hollandaise sauce and veal ham, served with a side salad & hashbrown potato.



Avocado Poached Eggs 649Cal 5.9
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 1195Cal 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.

Plain Omelette 4.6
Served with hash brown potato 138Cal.



Salmon Croll 541Cal 5.4
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.

Gluten Egg Milk Nuts Seafood

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Sandwiches & Toasts



Halloumi Pesto 565Cal **5.4**
Grilled halloumi, polka bread, pesto, sundried tomato, fresh tomatoes, cucumber, basil, rocca, served with a side salad.

Croissalmon Avocado 497Cal **4.9**
Fresh croissant delicately filled with mixed greens, scrambled eggs, smoked salmon, fresh avocado, served with a side salad.



Triple Avocado Smash **5.4**
New 513Cal
Crushed avocado, served on top of a slice of toasted ancien bread, garnished with crispy cashew cereal.

Feta Avocado Tartine 529Cal **4.9**
Avocado, scrambled eggs, topped with crumbled feta cheese, served on our crispy toast.



Veal Ham & Cheese Baguette 829Cal **5.2**
Classic veal ham and gruyere cheese, on salted peppered butter, served with a side salad.



Croque-Monsieur 609Cal **5.4**
Classic French open-faced sandwich with veal 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. **0.5**

Gluten Egg Milk Nuts Seafood Vegetarian Less than 600 calories Soybeans

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French Toast & Acai



Red Fruits Chia Pudding 369Cal **3.9**
Chia seeds & coconut milk base topped with red fruit coulis & fresh red fruits.

Acai Bowl 233Cal **3.9**
Served with seasonal fruits.

Add on:
Granola **0.8** 132Cal
Dried Nuts **0.8** 60Cal



French Toast 915Cal **4.9**
PAUL's baked brioche, packed with creamy vanilla, served with vanilla ice cream and garnished with red fruits.



Mango Chia Pudding 411Cal **3.9**
Chia seeds & coconut milk base topped with mango coulis & fresh mangoes, pomegranate, & almond flakes.



Acai Peanut Butter 422Cal **3.9**
Served with peanut butter and banana.

Add on:
Granola **0.8** 132Cal
Dried Nuts **0.8** 60Cal

Gluten Egg Milk Nuts Soybeans Vegetarian Less than 600 calories

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Beverages

SMOOTHIES



Heart Beet 237Cal — 2.7
A heartful combination of beetroot, avocado, and apple garnished with a beetroot tuile.

"Miel et Soleil" 189Cal — 2.7
Mango nectar blended with passion fruit and a pinch of turmeric, garnished with sumac and fresh tropical mango.

Greenfields 182Cal — 2.7
Crisp tropical fruits combined with fresh spinach and a hint of ginger.

PAUL Mix 142Cal — 3.4
A flavour adventure of fresh kiwi, mango juice and fresh strawberry juice.

TEA INFUSION

Chamomile Yuzu 126Cal — 2.7
A refreshing fusion of cold brew chamomile tea with a Japanese twist.

Cold Brew Hibiscus Berry 124Cal — 2.4
Smooth mellow combination of cold brew hibiscus infused with blackcurrant and natural honey.

Passion Surprise 111Cal — 2.7
A thirst-quenching blend of passion fruit, cold brew chamomile tea and sage.

MATCHA SELECTION



Matcha Latte (Hot/Iced) 134Cal — 3.1
Indulge in the exquisite experience of Japanese tradition with a rich, velvety smooth texture.

Matcha Whipped Coffee 173Cal — 2.4
Smooth matcha topped with airy whipped coffee for a bold, creamy contrast.

Matcha Affogato 115Cal — 3.2
Creamy ice cream finished with a warm pour of earthy matcha.

FRESH JUICES

Orange 150Cal, **Orange & Carrot** 154Cal, **Carrot** 102Cal, **Kiwi** 232Cal, **Mango** 119Cal, **Strawberry** 193Cal — 2.6

TEA SELECTION

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

Gluten Egg Milk

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SIGNATURE COLLECTION



Spanish Latté (Hot/Iced) 201Cal **3.1/2.9**
Our signature method of making a Spanish latté, creating a rich-velvety and smooth-creamy texture.

Caramel Cappuccino 160Cal **2.9**
Coffee, caramel and velvety frothed milk, drizzled with indulgent caramel on top.

Vanilla Almond Latté 175Cal **2.9**
Almond milk, coffee, with Madagascar vanilla sprinkled and roasted almond flakes.

Cinnamon Honey Latté 202Cal **2.9**
Velvety smooth latte spiced up with cinnamon and natural honey.

"L'Onctueux" Hot Chocolate 342Cal **3.1**
Rich, velvety chocolate melted into warm milk for a comforting classic.

OTHER DRINKS

Acqua Panna (Small/Large)	**1.4 / 2.4**
Sparkling Water (Small/Large)	**1.9 / 2.9**
Soft Drinks	**1.5**

CLASSIC COFFEES

Espresso (S/D)	**1.6 / 2.4**
Café Crème 109Cal	**2.6**
Cappuccino 122Cal	**2.6**
Flat White 205Cal	**2.8**
Cortado 44Cal	**2.1**
Piccolo 36Cal	**1.9**
Americano	**2.4**
Mocha 219Cal	**2.6**
Alternative milk substitutes: Coconut / Almond / Oat / Soy	**0.9**

COMFORT & INDULGENCE



Chocolate Duo Café Frappé 216Cal **2.9**
Indulgent rich chocolate and crunchy coffee beans topped with whipped cream, dark chocolate sauce and toffee caramel.

Coffee Frappé 108Cal **2.4**
An improved recipe of rich-flavour coffee with a creamy and indulgent taste.

Low-Calorie Frappé **2.9**
Selection of caramel 114Cal or hazelnut 118Cal.

Frozen Mint Lemonade 131Cal **2.6**
An icy blend of zesty lemon and cool mint.

Milk Nuts Soybeans

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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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