

# 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



## 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 **1.5**

**Apple Turnover**    348Cal **1.4**

**Escargot aux Raisins**    313Cal **1.4**

**Apple Grillé**    294Cal **1.4**



**Plain Croissant**    247Cal **1.4**

**Almond Croissant**     515Cal **1.6**

**Cheese Croissant**    342Cal **1.5**

**Zaatar Croissant**    265Cal **1.4**

**Pistachio Croissant**     695Cal **1.6**

**SET MENU BREAKFAST**






**Parisien 4.2**  
1 hot beverage  
+ 1 viennoiserie of your choice  
1/2 baguette, butter & jam (apricot & strawberry)




**Continental 5.2**  
1 hot beverage + 1 fresh orange juice + 1 viennoiserie of your choice  
+ 1/2 baguette, butter & jam (apricot & strawberry)




**Complet 7.2**  
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



**Pain au Chocolat**     301Cal **1.5**

**Pain au Chocolat Almond**      444Cal **1.7**

**Pain au Chocolat Pistachio**      699Cal **1.7**

**Palmier**    345Cal **1.3**

# Pastries



**Chocolate Tartlet** 🌾 🥚 🥛 🌿 396Cal **2.4**  
 Rich dark chocolate ganache in a crisp sweet pastry shell.

**Strawberry Tartlet** 🌾 🥚 🥛 🌿 288Cal **2.4**  
 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 **2.2**  
 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 **2.6**  
 PAUL signature layers of crisp caramelized puff pastry with vanilla cream and fresh strawberries.



**Chocolate Éclair** 🌾 🥚 🥛 🌿 315Cal **1.9**  
 PAUL signature light choux pastry filled with rich chocolate cream and topped with smooth glossy chocolate icing.

**Strawberry Éclair** 🌾 🥚 🥛 🌿 213Cal **1.9**  
 A light choux pastry filled with silky strawberry cream and topped with fresh berries.



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

**Chocolate Macaron** 🌾 🥚 🥛 🌿 🌿 356Cal **2.4**

**Raspberry Macaron** 🌾 🥚 🥛 🌿 🌿 371Cal **2.4**

**Pistachio Macaron** 🌾 🥚 🥛 🌿 🌿 362Cal **2.4**

**Vanilla Macaron** 🌾 🥚 🥛 🌿 🌿 431Cal **2.4**

# Eggs & Omelettes



**Poached Eggs and Caramelized Dauphinois Potatoes** 4.3 🌱 🥚 925Cal

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



**Stracciatella Omelette and Pistachio Pesto** 4.4 🌱 🥚 🥛 🥜 524Cal

Creamy stracciatella omelette, with veal ham, pistachio pesto, sundried tomatoes, basil and parmigiano-reggiano.



**Labneh Harissa and Fermented Olives** 4.3 🌱 🥚 🥛 🥜 966Cal

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** 4.5 🥚

Your choice of: fried eggs 263Cal 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

# 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 🌾🥚🥛 5.8

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



## Avocado Poached Eggs 🌾🥚🥛 649Cal 5.6

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 🌾🥚🥛🥜 1195Cal 6.5

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 🌾🥚🥛 4.5

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.

# Sandwiches & Toasts



**Truffle Scrambled on Toast** **New** 🌱 🥚 🥛 764Cal **6.2**  
 Shavings of black truffle on fluffy scrambled eggs, served on top of brioche bread, served with a side salad.

🌱 **Halloumi Pesto** 🥚 🥛 🥜 🌿 565Cal **5.2**  
 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.



**Veal Ham & Cheese Baguette** 🥚 🥛 829Cal **4.9**  
 Classic veal ham and gruyere cheese, on salted peppered butter, served with a side salad.



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

🌱 **Feta Avocado Tartine** 🥚 🥛 🌿 529Cal **4.5**  
 Avocado, scrambled eggs, topped with crumbled feta cheese, served on our crispy toast.

**Miso Avocado Tartine** 🥚 🥛 🌿 🐟 647Cal **4.5**  
 Avocado, poached eggs drizzled with miso cashew sauce, served on our crispy toast.



**Croque-Monsieur** 🥚 🥛 🌿 609Cal **5.2**  
 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.

# 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 **3.6**  
Served with seasonal fruits.

Add on:

Granola **0.6** 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 **3.6**  
Served with peanut butter and banana.

Add on:

Granola **0.6** 132Cal




Dried Nuts **0.8** 60Cal

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

# Beverages

## SMOOTHIES



**Heart Beet**    237Cal **2.7**

A heartfelt 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 **3.3**

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 **2.3**

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 **2.9**

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, **2.6**

**Carrot** 102Cal, **Kiwi** 232Cal, **Mango** 119Cal, **Strawberry** 193Cal **(2.9)**

## TEA SELECTION

**Thé noir Breakfast, Thé noir Vanilla,** **2.2**

**Thé noir Earl Grey, Thé vert Menthe,**  
**Thé vert Yunann, Camomille**

## SIGNATURE COLLECTION



### Spanish Latté (Hot/Iced) 201Cal 2.9

Our signature method of making a Spanish latté, creating a rich-velvety and smooth-creamy texture.

### Caramel Cappuccino 160Cal 2.8

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

### Vanilla Almond Latté 175Cal 2.8

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

### Cinnamon Honey Latté 202Cal 2.8

Velvety smooth latte spiced up with cinnamon and natural honey.

### "L'Onctueux" 3.2

#### Hot Chocolate 342Cal

Rich, velvety chocolate melted into warm milk for a comforting classic.

## OTHER DRINKS

### Acqua Panna (Small/Large) 1.3 / 2.2

### Sparkling Water (Small/Large) 1.8 / 2/8

### Soft Drinks 1.5

## CLASSIC COFFEES

### Espresso (S/D) 1.6 / 2.3

### Café Crème 109Cal 2.5

### Cappuccino 122Cal 2.5

### Flat White 205Cal 2.6

### Cortado 44Cal 1.9

### Piccolo 36Cal 1.5

### Americano 2.1

### Mocha 219Cal 2.5

Alternative milk substitutes:

### Coconut / Almond / Oat / Soy 0.7

## COMFORT & INDULGENCE



### Chocolate Duo Café Frappé 216Cal 2.7

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 2.7

Selection of caramel 114Cal or hazelnut 118Cal.

### Frozen Mint Lemonade 131Cal 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**

