PAUL

depuis 1889



Lunch 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.

All Day Brunch



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.



Triple Avocado Smash 5.4

New 513Cal

Crushed avocado, served on top of a slice of toasted ancien bread, garnished with crispy cashew cereal.

Add egg **0.5**

Poached Eggs and Caramelized Dauphinois Potatoes 5.4

925Cal

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

Labneh Harissa and Fermented Olives 4.6

966Cal

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



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.



Filet Mignon and Parmesan Omelette 9.9

965Cal

Paired with a sous vide tenderloin steak, parmesan omelette, roasted baby potatoes with chimichurri sauce.

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Appetizers & Soups



Salmon Tartare 537Cal **7.9**
Chilled fresh raw salmon and avocado tartare with citrus vinaigrette. Served with toasted bread stick.



Potato Pavé 887Cal **4.4**
Layered lemon potato pavé with creamy snow parmesan.

Truffle & Parmesan Fries 948Cal **4.8**
Crispy golden fries tossed with a generous dusting of freshly grated parmesan and parsley, topped with shavings of fresh black truffle.

French Fries 750Cal **2.1**
Crispy, golden fries.



Garlic Baguette 1092Cal **4.2**
Classic French toasted baguette, stuffed with garlic, oregano, and cheese and topped with chives.



Crusted Feta Chili Honey 991Cal **4.9**
Feta, coated in black and white sesame, chili honey, served with fougasse bread.

Appetizers & Soups



Horseradish Salmon Pizzetta 572Cal **6.9**

Smoked salmon, horseradish cream cheese, green peas, rocca, watercress, parmesan tomato salsa, placed on toasted PAUL bread.



Traditional Onion Soup 745Cal **3.8**

Onion and melted cheese served in our homemade bread bowl.



Mushroom Soup 210Cal **3.8**

A mix of fresh button and shiitake mushrooms, cream, topped with a sprig of thyme.



Red Lentil Soup 309Cal **3.8**

Red lentil, lemon juice, coriander, sun-dried tomato, served with crouton on the side.

Gluten Egg Milk Seafood Vegetarian Less than 600 calories Soybeans

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Sandwiches



Steak Frites French Dip 1454Cal **7.2**
Sautéed beef tenderloin in browned rosemary butter, mushrooms, horseradish mayo, potato fries topped with melted Emmental cheese, served aside with beef jus and with our hand cut french fries.

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**



Spicy Tuna and Avocado Sandwich 792Cal **5.2**
Tuna mousse, avocado, tomato, jalapeño, pesto in a crispy brown ciabatta, served with a mixed green salad.



Smoked Salmon 659Cal **7.9**
Smoked salmon, cream cheese, onion rings, rocca and capers in multigrain bread, served with a mixed green salad.

Smoked Turkey 1051Cal **4.9**
Smoked turkey with mayo mustard spread, pickles, fresh tomatoes and lettuce in polka bread, served with a side salad.

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

Gluten Egg Milk Nuts Seafood Soybeans Sesame

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Sandwiches & Burgers



Chicken Avocado 976Cal **6.9**

Pan-seared chicken, avocado, tomato, emmental cheese, garlic mayonnaise, in soft bread, served with french fries and mixed green salad.



Bistro Burger 981Cal **6.4**

Juicy beef patty, layered with aged cheddar cheese, crispy grilled onion, umami dill sauce, all nestled on a toasted soft bun, served with seasoned French fries.



Club "The Classic" 1051Cal **6.4**

Grilled chicken breast, smoked veal ham, fried eggs, melted gruyere cheese, pickles, tomato, lettuce, mayonnaise and mustard sauce on toasted bread served with French fries.



Crunchy Chicken Slaw Burger 1010Cal **5.9**

Flaked crispy chicken breast, honey mustard, pickles, sriracha honey aioli, crispy slaw, in a toasted soft bun, served with French fries.

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Salads



"Fermière" 522Cal **6.4**

Mixed lettuce topped with marinated grilled chicken, fresh green apple slices, walnuts, raisins, grated Emmental cheese and carrots served with balsamic dressing.



Salmon Kale Quinoa 189Cal **7.9**

Raw salmon sashimi, avocado, hydrated crispy quinoa, mixed greens, red cabbage, kale, and bean sprouts, mixed with organic heirloom carrot ribbon, and yuzu citrus dressing.

You can substitute with: Smoked salmon



Baby Gem Chicken Caesar 319Cal **6.1**

Grilled chicken breast, little gem lettuce, parmigiano-reggiano caesar dressing, crispy croutons, and shaved parmesan.



Goat Cheese Brûlée & Strawberries 509Cal **7.4**

Honey-brûlée goat cheese, mixed with crispy greens and arugula, dressed in a light balsamic vinaigrette, tomatoes, cucumber, topped with sweet caramelized pecans and strawberries.

Gluten Egg Milk Nuts Seafood Vegetarian Less than 600 calories Soybeans Sesame

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Salads



BBQ Steak & Avocado 565Cal **7.9**
Grilled tenderloin steak sautéed in smokey BBQ sauce, avocado, cherry tomato, mixed lettuce, fresh spinach, baby corn, crispy onion flakes, served with sesame vinaigrette dressing.



Avocado Fraîcheur 289Cal **6.9**
Mixed lettuce with avocado, rocca, spinach, red radish, tomato, cucumber, fresh mint, roasted almonds, sun-dried tomatoes, spring onions and green thyme served with balsamic dressing.



Crab & Salmon 302Cal **7.9**
Fresh rocca, mixed green, fresh avocado and tomato slices served with lemon dressing.



Chicken & Corn Bowl 942Cal **6.4**
An ultimate combination of mango chutney chicken, fresh grilled corn, fresh avocado, salsa, edamame, red beans, mozzarella cheese, lettuce mixed with orange dressing.

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Pasta



Chicken Pesto Fusili New 988Cal **7.9**
Chicken with al dente fusilli tossed in a vibrant, basil pesto and parmesan cream.



Chicken Tagliatelle 1091Cal **7.4**
Tagliatelle in fresh cream, pan-seared chicken, pine nuts, sun dried tomato, parmesan shavings, and fresh rosemary.



Shrimp Burrata Rose 1053Cal **7.9**
Linguini in rose sauce, shrimps, burrata, chilli garlic oil, and crispy onion.



Pappardelle Bolognese 569Cal **7.4**
Wide ribbon pappardelle pasta tossed in a rich bolognese tomato sauce, finished with grated parmesan cheese.

Gluten Egg Milk Nuts Seafood Vegetarian

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French Traditions



Chicken Suprême New 1432Cal **9.2**

Pan-seared chicken suprême served alongside crème fraîche mashed potatoes and a delicate, herb-infused suprême sauce.



Traditional "Entrecôte Frites" 438Cal **12.9**

A signature French dish, featuring a perfectly grilled Australian rib eye steak, served with our hand cut french fries, and a traditional entrecôte sauce.



Amandine Seabass Meunière 1187Cal **11.2**

Pan-seared sous vide seabass, toasted slivered almonds, capers in lemon butter sauce, served with dauphinois potatoes.



Chicken Cordon Bleu 702Cal **9.2**

Fried chicken breast stuffed with turkey and cheese, served with sautéed veggies, mashed potatoes, and your choice of our homemade sauce.

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More Mains



Salmon Bowl 994Cal **11.2**
Fresh grilled salmon, sesame mix rice, avocado, edamame, broccoli, cashew, served with a healthy lime soya dressing.



Grilled Beef Tenderloin 811Cal **11.9**
Grilled Australian beef tenderloin served with mashed potatoes, sautéed vegetables, and your choice of our homemade sauce.



Healthy Grilled Chicken 583Cal **9.2**
Herbs marinated chicken breast, served with grilled vegetables and your choice of our homemade sauce.

Our selection of home-made sauces

Mushroom	Lime Soya
Pepper	Meunière
Lemon Butter	Chimichurri

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Desserts



Chocolate Fondant 521Cal **4.9**
Valrhona dark chocolate melted fondant topped with dark chocolate shavings, served with vanilla ice cream.

Hazelnut Pain Perdu 1194Cal **4.9**
PAUL's baked croissant garnished with chocolate and hazelnuts, served with vanilla ice cream.



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



"Traditional" Crème Brûlée 709Cal **4.4**
A French dessert composed of a rich, creamy custard base under a caramelized crust.



Caramelized Tropézienne Crêpe **4.9**
532Cal
Crêpe filled with tropézienne cream in strawberry sauce, topped with caramelized custard and fresh strawberries.

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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.

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.



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.



Flan Normand 419Cal **2.4**



Macaron (Raspberry/Vanilla/ Chocolate/Pistachio) **2.6**

Gluten Egg Milk Nuts Soybeans

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Pastries



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

Vanilla Millefeuille 451Cal **2.5**
PAUL signature layers of crisp caramelized puff pastry with vanilla cream.

Chocolate Millefeuille 669Cal **2.5**
PAUL signature layers of crisp caramelized puff pastry with chocolate cream.



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



Chocolate Éclair 315Cal **2.1**
PAUL signature light choux pastry filled with rich chocolate cream and topped with smooth glossy chocolate icing.



Strawberry Éclair 213Cal **2.2**
A light choux pastry filled with silky strawberry cream and topped with fresh berries.

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Beverages

TEA INFUSION



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

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



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

MATCHA SELECTION



Matcha Latte (Hot/Iced) **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 **(2.9)** **2.6**

CLASSIC COFFEES

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

Milk Soybeans

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Beverages

SMOOTHIES



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



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



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

Bluebanana 322Cal **3.4**
A duo of blueberries and banana.

Passion Mango Smoothie 22Cal **3.4**
A tropical-thirst quencher of passion fruit and mango with a handful of fresh mint leaves.

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

TEA SELECTION

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

Sip and savor the difference!
Our drinks are freshly made with real, natural flavors.

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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**

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.

Mocha Frappé 325Cal **2.9**
A combination of dark & milk chocolate with coffee with whipped cream and a chocolate pearl finish.

Salted Caramel Frappé 227Cal **2.9**
Indulgent salted caramel blended with coffee, milk and a caramel drizzle.

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.

Shaken Homemade Iced Tea **2.4**
Selection of lemon123Cal or peach 136Cal.

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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

paularabia

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PAUL Arabia

Photos and illustrations are non-contractual. In case of food allergies, please inform us when placing your order.