

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



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 6.2

New 🌱 🥚 🥛 764Cal

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

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.



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.



Triple Avocado Smash 5.4

New 🌱 🥚 🥛 513Cal

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

Add egg 0.5

Labneh Harissa and Fermented Olives 4.3

🌱 🥚 🥛 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.



Filet Mignon and Parmesan Omelette 9.9

🌱 🥚 🥛 965Cal

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

Appetizers & Soups



Salmon Tartare 🌱 🥚 537Cal **7.2**
Chilled fresh raw salmon and avocado tartare with citrus vinaigrette. Served with toasted bread stick.



🌱 **Potato Pavé** 🌱 🥚 887Cal **4.2**
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

6.5




Pizzetta     572Cal

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



Traditional Onion Soup

3.8

   745Cal

Onion and melted cheese served in our homemade bread bowl.



Mushroom Soup 210Cal

3.6

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



Red Lentil Soup 309Cal




3.6

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





Sandwiches







Steak Frites French Dip    1454Cal **6.9**
 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 **5.2**
 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.








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 **7.3**
 Smoked salmon, cream cheese, onion rings, rocca and capers in multigrain bread, served with a mixed green salad.

Chicken Avocado    976Cal **6.5**
 Pan-seared chicken, avocado, tomato, emmental cheese, garlic mayonnaise, in soft bread, served with french fries and mixed green salad.

Smoked Turkey    1051Cal **4.7**
 Smoked turkey with mayo mustard spread, pickles, fresh tomatoes and lettuce in polka bread, served with a side salad.

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



Clubs & Burgers



Beef Katsu Sando New      1154Cal **6.9**

Crispy beef katsu tenderloin with wasabi truffle mayo, served in sando bread with furikake fries.



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 **5.5**

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



Salads







Sesame Chicken New     482Cal **6.2**
 Sesame togarachi chicken, mixed leaves, red and white cabbage, wild rocca, ginger pickles, peanuts and cashew tossed with yuzu citrus dressing.

"Fermière"   522Cal **5.9**
 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 **5.9**
 Grilled chicken breast, little gem lettuce, parmigiano-reggiano caesar dressing, crispy croutons, and shaved parmesan.



Goat Cheese Brûlée & Strawberries     509Cal **7.2**
 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.

Salads



BBQ Steak & Avocado 🌱 565Cal 7.6
 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.

Salmon Citrus Quinoa 🌱 🌊 274Cal 7.9
 Quinoa mixed with pomegranate, edamame, avocado and mango, infused in citrus dressing, topped with smoked salmon.



Avocado Fraîcheur 🌱 289Cal 6.7
 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 7.6
 Fresh rocca, mixed green, fresh avocado and tomato slices served with lemon dressing.



Chicken & Corn Bowl 🌱 942Cal 5.9
 An ultimate combination of mango chutney chicken, fresh grilled corn, fresh avocado, salsa, edamame, red beans, mozzarella cheese, lettuce mixed with orange dressing.

Pasta and Risotto



Chicken Pesto Fusili New      988Cal **6.9**

Chicken with al dente fusilli tossed in a vibrant, basil pesto and parmesan cream.





House Lasagna    1169Cal **6.4**

Fifty layers of grilled, parmesan-crust ed lasagna.



Chicken Tagliatelle      1091Cal **6.9**

Tagliatelle in fresh cream, pan-seared chicken, pine nuts, sun dried tomato, parmesan shavings, and fresh rosemary.

Pappardelle Bolognese     569Cal **6.4**

Wide ribbon pappardelle pasta tossed in a rich bolognese tomato sauce, finished with grated parmesan cheese.



 **Trio Mushroom Risotto**   980Cal **7.9**

Rich and creamy parmesan risotto, with a mix of portobello, shimeji, and button mushrooms.



Shrimp Burrata Rose      1053Cal **7.8**

Linguini in rose sauce, shrimps, burrata, chilli garlic oil, and crispy onion.

French Traditions



Chicken Suprême New 🌱 🥚 1432Cal **8.9**

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



Traditional "Entrecôte Frites" 🌱 🥚 🥛 🥜 🌊 438Cal **11.9**

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 **10.9**

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






Chicken Cordon Bleu 🌱 🥚 🥛 🥜 🌊 702Cal **8.9**

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





More Mains



Salmon Bowl    994Cal **10.9**

Fresh grilled salmon, sesame mix rice, avocado, edamame, broccoli, cashew, served with a healthy lime soya dressing.



Chicken Al Limone     1409Ca **7.9**

Pan-seared chicken breast, heirloom organic rainbow carrots, crunchy crumble, and linguini pasta, all coated in a light and flavorful amandine lemon butter sauce.



Grilled Beef Tenderloin  811Cal **10.9**


Served with mashed potatoes, sautéed vegetables, and your choice of our homemade sauce.



 **Healthy Grilled Chicken**  583Cal **8.9**

Herbs marinated chicken breast, served with grilled vegetables and your choice of our homemade sauce.

Our selection of home-made sauces

- Mushroom  
- Pepper  
- Lemon Butter 
- Lime Soya 
- Meunière 
- Chimichurri

Desserts



Chocolate Fondant 🌱 🥚 🥛 🥜 🌱 521Cal **4.9**

Valrhona dark chocolate melted fondant topped with dark chocolate shavings, 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.

Hazelnut Pain Perdu 🌱 🥚 🥛 🥜 🌱 1194Cal **4.9**

PAUL's baked croissant garnished with chocolate and hazelnuts, served with vanilla ice cream.



"Traditional" Crème Brûlée 🥚 🥛 709Cal **3.9**

A French dessert composed of a rich, creamy custard base under a caramelized crust.



Caramelized Tropicienne Crêpe **4.9**

🌱 🥚 🥛 532Cal

Crêpe filled with tropézienne cream in strawberry sauce, topped with caramelized custard and fresh strawberries.

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.

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.



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 2.2



Macaron (Raspberry/Vanilla/Chocolate/Pistachio) 🌾 🥚 🥛 2.4

Pastries



Strawberry Millefeuille 🌾🥚🥛 577Cal 2.6

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

Vanilla Millefeuille 🌾🥚🥛 451Cal 2.4

PAUL signature layers of crisp caramelized puff pastry with vanilla cream.

Chocolate Millefeuille 🌾🥚🥛🍫 669Cal 2.4

PAUL signature layers of crisp caramelized puff pastry with chocolate cream.



Chocolate Éclair 🌾🥚🥛🍫 315Cal 1.9

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



Strawberry Cheesecake 🌾🥚🥛 663Cal 2.6

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



Strawberry Éclair 🌾🥚🥛 213Cal 1.9

A light choux pastry filled with silky strawberry cream and topped with fresh berries.

Beverages

TEA INFUSION



Cold Brew Hibiscus Berry 124Cal 2.3

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) 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)

CLASSIC COFFEES

Espresso (S/D) 1.6 / 2.3

Café Crème 2.5

Cappuccino 2.5

Flat White 2.6

Cortado 1.9

Piccolo 1.5

Americano 2.1

Mocha 2.5

Alternative milk substitutes:

Coconut / Almond / Oat / Soy 0.7

Beverages

SMOOTHIES



Heart Beet    237Cal

A heartfelt combination of beetroot, avocado, and apple garnished with a beetroot tuile.

2.7



Greenfields 182Cal

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

2.7



"Miel et Soleil" 189Cal

Mango nectar blended with passion fruit and a pinch of turmeric, garnished with sumac and fresh tropical mango.

2.7

Passion Mango Smoothie 22Cal

A tropical-thirst quencher of passion fruit and mango with a handful of fresh mint leaves.

3.3

PAUL Mix 142Cal

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

3.3

TEA SELECTION

Thé noir Breakfast, Thé noir Vanilla, 2.2

Thé noir Earl Grey, Thé vert Menthe,

Thé vert Yunann, Camomille

Sip and savor the difference!

Our drinks are freshly made with real, natural flavors.



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" 342Cal 3.2

Hot Chocolate

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

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.

Mocha Frappé 325Cal 2.7

A combination of dark & milk chocolate with coffee with whipped cream and a chocolate pearl finish.

Salted Caramel Frappé 227Cal 2.7

Indulgent salted caramel blended with coffee, milk and a caramel drizzle.

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.

Shaken Homemade Iced Tea 2.1

Selection of lemon 123Cal or peach 136Cal.

Sip and savor the difference!

Our drinks are freshly made with real, natural flavors.



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**

