

# BELL & GRAY

## TELEGRAPH

### • POKE BOWLS •

**VEGGIE POKE** <sup>(9), (2), (1), (5)</sup> **18**  
Quinoa, strawberry, sauteed asparagus, artichoke, green curry, citron dressing and guacamole (520 Calories)

**CHICKEN POKE** <sup>(1), (6), (3), (9)</sup> **20**  
Barley, pickled red onion, kale lettuce, grilled corn and peanut butter dressing (590 Calories)

**PRAWNS POKE** <sup>(13), (9), (4)</sup> **22**  
Quinoa, sauteed prawns, mango martini, edamame, green curry and citron dressing (444 Calories)

**TUNA POKE** <sup>(9), (1), (12), (8)</sup> **32**  
Baked sweet potatoes, avocado, marinated carrot and steamed rice (565 Calories)

**RED BELL PEPPER HUMMUS** <sup>(12), (11), (8)</sup> **18**  
Vegetable sticks, tortillas and anchovies (470 Calories)

### • HEALTHY CORNER •

**EGG WHITE OMELETTE** <sup>(2)</sup> **10**  
Spinach (250 Calories)

**BEAN SALAD** <sup>(9)</sup> **15**  
Red bean, white bean, French bean, onion dressing, colorful tomato, mint, coriander and chickpeas (300 Calories)

**SHRIMP TACOS** <sup>(13)</sup> **18**  
Avocado and Chinese cabbage (350 Calories)

**SPINACH CREPE** <sup>(2), (5)</sup> **21**  
Burrata cheese (250 Calories)

**OAT CREPE** <sup>(2), (12), (5)</sup> **21**  
Smoked salmon (300 Calories)

**SALMON GRAVLAX SALAD** <sup>(12), (5), (9)</sup> **28**  
Roasted sweet potatoes, beetroot, rucola and ranch dressing (407 Calories)

**SALMON BUCKWHEAT WAFFLE** <sup>(2), (5), (12), (9)</sup> **32**  
Salmon gravlax, egg sauce and spinach (300 Calories)

V - Vegetarian

Allergens: 1 - Gluten 2 - Eggs 3 - Peanuts 4 - Soya 5 - Dairy 6 - Nuts 7 - Celery  
8 - Sesame 9 - Sulfites 10 - Lupin 11 - Mustard 12 - Fish 13 - Crustaceans 14 - Molluscs

Please ask a team member for more information on menu item ingredients or any food allergies and intolerances you might have.

Our prices are in GEL and includes 18% VAT.

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## • LATE BRUNCH •

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<b>EGGS OF YOUR CHOICE</b> <sup>(2), (5)</sup> Omelette, scramble and sunny side up (260 Calories for each choice)	<b>10</b>	<b>CRISPY BACON TOAST</b> <sup>(1), (2), (5), (9)</sup> Hollandaise sauce and brioche bread (673 Calories)	<b>18</b>
<b>SHAKSHUKA</b> <sup>(2), (5)</sup> Egg and tomato sauce (250 Calories)	<b>14</b>	<b>SMOKED SALMON WITH ROYAL BENEDICT</b> <sup>(2), (12), (5), (9)</sup> Brioche bread and Hollandaise sauce (680 Calories)	<b>18</b>
<b>MASHED AVOCADO TOAST WITH POACHED EGG</b> <sup>(1), (5), (2)</sup> Brioche bread (600 Calories)	<b>15</b>	<b>HUMMUS WITH FRIED CHICKPEAS</b> <sup>(8)</sup> (550 Calories)	<b>18</b>

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## • SWEET CORNER •

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<b>BERRY SMOOTHIE</b> (200 Calories)	<b>10</b>	<b>MERINGUE WITH CHERRY SORBET</b> <sup>(2), (5)</sup> Cherry compote and chocolate granules (460 Calories)	<b>15</b>
<b>CELERY AND GREEN APPLE SMOOTHIE</b> <sup>(7)</sup> (200 Calories)	<b>9</b>	<b>GERMAN STYLE CHEESECAKE</b> <sup>(2), (5), (1), (6)</sup> Almond biscuit, cottage cheese & Ricotta cheese filling (420 Calories)	<b>21</b>
<b>PLAIN YOGHURT WITH GRANOLA AND SEASONAL FRUIT</b> <sup>(6), (5)</sup> (400 Calories)	<b>14</b>	<b>STRAWBERRY TART</b> <sup>(5), (2), (1)</sup> Boiled vanilla cream (380 Calories)	<b>18</b>
<b>MANGO CHIA PUDDING</b> <sup>(5)</sup> (180 Calories)	<b>15</b>	<b>TRADITIONAL COTTAGE CHEESE PANCAKE</b> <sup>(5), (2), (1)</sup> From Eastern Europe with vanilla cream and peach (380 Calories)	<b>13</b>
<b>PISTACHIO CROISSANT</b> <sup>(1), (5), (2), (6)</sup> Berries (600 Calories)	<b>15</b>	<b>BUN WITH VANILLA CREAM</b> <sup>(1), (5), (2), (6)</sup> Plum sauce (460 Calories)	<b>18</b>

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