



Jars
&
Co

Farm To Jar

"To eat is a necessity, but to eat intelligently is an art." François de la Rochefoucauld





Farm To Jar

Jars & Co is part of the Farm to Table movement as being a 100% fresh food kitchen concept that prepares and delivers salads, warm meals, pasta, smoothies, and healthy desserts made with the freshest local seasonal ingredients in support to the local community. Your order will be delivered in an ecological package most of the items in a glass jar.



03 000918



Delivery area • www.jarsandco.delivery



All our prices are in Lebanese Pound , Add 2000 LBP for delivery

SALADS

KALE CHICKEN CAESAR

Light Ceaser Dressing

Roasted chicken, local farmers eggs, cherry tomatoes, lettuce, kale, crispy sourdough zaatar croutons, and parmesan crisps. 15000

BACKED FALAFEL

Lemon Tahini Dressing

Baked falafel, cherry tomatoes, cucumbers, cabbage, lettuce, kale, almonds, and fermented turnips. 9000

SHRIMPS SOBA NOODLE

Ginger Sesame Dressing

Baked shrimps, shredded red cabbage, carrots, cucumbers, mixed greens, buckwheat soba noodle, spicy sunflower seeds, and mung bean sprouts. 16500

MEGA OMEGA

Ginger Sesame Dressing

Crispy nori salmon, avocado, cherry tomatoes, cucumber, white cabbage, roca, baby spinach, and sesame seeds. 18000

HAPPINESS

Balsamic Vinaigrette

Local goat cheese, caramelized walnuts, kale, beet root, carrots, radish, spinach, and avocado. 13500

ENERGY BOOST

Lemon Mustard

Tuna, whole wheat fusilli, cherry tomato, corn, black olives, almonds, and romaine lettuce. 15000





CHICKEN SESAME WITH ORGANIC BLACK RICE

WARM GRAIN PLATES

CITRUS SALMON QUINOA

Lemon Olive

Baked citrus salmon mixed corn and sweet peas quinoa, spiralized sweet potato fries, and spicy broccoli. 19500

ROASTED CHICKEN WITH ORGANIC BLACK RICE

Ginger Sesame Dressing

Sesame chicken with organic black rice, spiralizer beets, roasted mushrooms, kale, mung bean sprouts, and sesame seeds. 16500

LOCAL BEEF FILET WITH ORGANIC WHOLE WHEAT

Cranberry Sauce

Grilled filet with cranberries cream sauce, organic whole wheat grain, spicy broccoli, spinach, and sunflower seeds. 18000

ROASTED CHICKEN PESTO WITH ORGANIC BROWN RICE

Pesto Sauce

Roasted chicken with organic brown rice, spiralized carrots, hot chick peas, spicy broccoli, mushrooms, and spinach. 16500

PASTA & NOODLES

VEGGIE ZOODLES

Sweet Basil Dressing

Whole wheat and zucchini noodles mixed with sweet peas, green beans and sun-dried tomatoes. 12000

CURRY SHRIMP SOBA NOODLES

Spicy Curry Coconut Sauce

Soba noodles with grilled shrimp, red peppers, and mushrooms topped with peanuts. 18000

FUSILI ROASTED CHICKEN

Pumpkin Sauce

Roasted rosemary chicken and mushrooms with creamy pumpkin sauce, and whole wheat fusilli. 15000

WHOLE WHEAT RED PESTO PASTA

Red Pesto Sauce

Whole wheat spaghetti with local sun dried tomatoes pesto, and parmesan. 13500



WHOLE WHEAT RED PESTO PASTA

ENERGY BALLS

100% Natural Superfood goodness

GOJI

Goji berries, vanilla, cashews, dates, and cacao nibs. 4500

CHOCOLATE ROSE WATER

Organic cocoa, rolled oats, cashews, walnuts, dates, and rose water. 4500

MATCHA GREEN TEA

Matcha green tea, pistachio, dates and cashews. 4500



MATCHA GREEN TEA

FRUIT PIZZA CASHEW CREAM



SWEET INDULGENCE

SEASONAL FRUIT PIZZA CASHEW CREAM

Watermelon topped with strawberry, mango, figs, prune, and cashew cream. 4500

AVOCADO CHOCOLATE MOUSSE

Banana, avocado, 70% organic dark chocolate, almond paste with coconut cream frosting, and strawberry chia jam. 4500

ALMOND APPLE COBLER

Seasonal sweet apples, almonds, cinnamon, and carrots. 6000

SMOOTHIES & BEVERAGES

MIXED BERRIES

Bananas, blueberries, strawberries and almond milk.

Topping: shaved coconut, crispy granola, chia seeds, cacao nibs, and organic dark chocolate. 6000

ORGANIC DARK CHOCOLATE

Organic dark chocolate, raw cashews, almond milk, maple syrup, avocado, and almond butter.

Topping: Almonds granola, and fruit of the season. 9000

GREEN MANGO

Banana, fresh mango, spinach leaves and almond milk.

Toppings: Fresh mango, figs, and coconut flakes. 6000

SANNINE WATER 500ml. 1000



MIXED BERRIES