

# MENU



## Gandofly Seafood Restaurants

### Ingredients that cause food allergies

eggs- Milk - Crustaceans - (crab - lobster ) - Fish- Sesame seeds - peanut Butter - Celery- Mustard - Nuts - Lupine - Soybean Clams ( Shrimp - Squid )Cereals that contain gluten sulfite at a concentrations of 10 parts per million

### Alerts

The adult person needs an average of 2.000 calaries per day, and calorie needs may vary from one person to another additional nutritional data is available upon request

Gandofly Restaurant



Gandofly Restaurant

السعرات  
الحرارية

البروتين والدهون والكربوهيدرات  
والألياف والفيتامينات

1466

149.50

**Mix laplatter Gandofly**

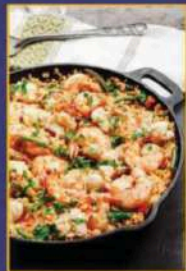


السعرات  
الحرارية

**Tex - mex**

103.50

1026



السعرات  
الحرارية

1295

57.50

**Mexicana Seafood**

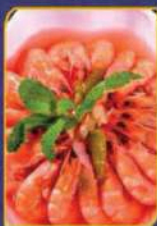


1551

97.75

**Bruschetta Seafood**

**Gandofly Restaurant**



# مطاعم جندوفلي للمأكولات البحرية



## Cold appetizers

السعرات  
الحرارية

394	13.8
247	8
164	8
145	8
146	8
296	8

**Greek Salad**  
**Turkish Salad**  
**French Fries**  
**Hummus**  
**Spiced**  
**Ghanouj**

السعرات  
الحرارية

250	11.50
170	8
350	8
382	11.50
330	11.50
114	11.50

**Aleppo Olives**  
**Cucumber with Milk**  
**Tahina Salad**  
**Fattoush**  
**Watercress**  
**Arab Salad**

السعرات  
الحرارية

210	11.50
517	11.50
220	11.50

**Beirut Hummus**  
**Parsley**  
**Tabbouleh**



## Rice

السعرات  
الحرارية

882	8
905	8
987	23
987	23
950	23

**White rice**  
**Sayadiyah rice**  
**Seafood rice**  
**Gandofly rice**  
**Sayadiyah rice**  
nuts and Shrimp



Gandofly Restaurant





## Shrimps

السعر الحرارية	كبير	وسط	صغير
535	149.50	138	103.50
477	149.50	138	103.50
477	149.50	138	103.50
362	149.50	138	103.50
352	149.50	138	103.50
424	149.50	138	103.50
878	149.50	138	103.50

- Grilled shrimp with Oil and Lemon
- Grilled shrimp with mixture
- Grilled shrimp Cooked with garlic
- Steamed shrimp
- Grilled shrimp with butter, lemon and dell
- Grilled shrimp with Cheese in the oven
- Tray Shrimp with Cream sauce

## Stuffed Shrimp



السعر الحرارية	كبير	وسط	صغير
1204	149.50	138	103.50
1270	149.50	138	103.50
---	---	---	80.5
---	---	---	80.5
---	---	---	80.5

- Stuffed Shrimp
- Shrimp Stuffed mayonnaise in the oven
- Fried squid, fingers
- Fried squid, rounds
- Grilled squid with mixture



## Seafood Soup



السعر الحرارية	صغير
426	28.75
426	28.75
426	28.75
348	34.50
232	28.75
260	28.75
320	28.75
238	28.75

- Seafood Soup
- Fasting Soup
- Boneless Soup
- Mixed white snail Soup
- Red Shrimp Soup
- White Shrimp Soup
- Mixed hema a arayes Soup
- Plain mixed snail Soup

السفرات  
الحرارية



## Casserole



826

40.25

886

40.25

950

40.25

1010

40.25

981

51.75

548

40.25

331

28.75

**Creamy Shrimp Casserole**

**Creamy Shrimp Casserole with vegetables**

**Creamy squid casserole**

**Creamy squid casserole with mixed vegetables**

**Casserole mixed shrimp + fillet + squide**

**Gandofly + Mussels with cream**

**Shrimp Kofta casserole with tomatoes**

**Molokhia casserole with Shrimp**

## Casserole



السفرات  
الحرارية

423

34.50

495

34.50

483

40.25

547

40.25

537

40.25

569

51.75

324

40.25

**Shrimp Casserole with tomatoes**

**Shrimp Casserole with tomatoes and potatoes**

**Shrimp Casserole with tomatoes and mixed vegetables**

**Squid Casserole with tomatoes**

**Fillet Casserole with tomatoes**

**Casserole mixed squid + shrimp + fillet**

**Gandofly + Potatoes**

**Shrimp Curry Casserole**



## Pasta

السفرات  
الحرارية

475

46

639

51.75

1042

51.75

665

57.50

604

34.50

1180

34.50

552

23

685

40.25

577

28.75

**Plain fetuccine pasta with balcaloise**

**Fettuccine pasta with red bakaloise**

**Fettuccine pasta with white bakaloise**

**Tagatelli with gandofly snails + arayes + mixed egetables**

**Spaghetti pasta with red seafood**

**Whiteseafood Spaghetti pasta**

**Plain red naplatan pasta**

**Tagatlli Seafood + squid + Shrimp**

**Shrimp tagatli**



Gandofly Restaurant