

# CRUMBS CRUMBS

BAKE TO THE ROOTS

From 10:30 AM till 4:00 PM



## STORY

*Did you know ...*

*Sourdough roots goes way deep into Ancient Egyptian Culture where it is rumored to have been discovered by mistake.*

*Aside from it's unique taste sourdough bread has great health benefits! It is good for healthy gut bacteria, lower in gluten than most bread loaves, natural, has a milder effect on blood sugar and is so tasty!*

*Try Our Freshly Made*  
**SOURDOUGH BREAD!**

*Fresh from our bakery shop*

### WHOLE SOURDOUGH BREAD LOAF

Plain Sourdough Bread 750 Gr - **70 LE**

Onion Sourdough Bread 750 Gr - **85 LE**

Walnut Sourdough Bread 750 Gr - **100 LE**

Ciabatta Bread - **40 LE**

Gluten Free Bread - **40 LE**

## Your Daily HABITS

### FRESH HOMEMADE BAKERY

Large Croissant - **35 LE**

Large Danish - **35 LE**

Muffin - **30 LE**

### CRUMBS NUTRITION ON SOURDOUGH BASE SLICES

The Lox - **130 LE**

Plain sourdough bread slice Topped with Smoked salmon,  
Hummus, Avocado, Onion

Vegetarian - **80 LE**

Plain sourdough bread slice Topped with Baba Ghanouj,  
Tomatoes, Watercress, Chili pepper

Caprese - **100 LE**

Plain sourdough bread Slice Topped with Tomatoes,  
Mozzarella cheese, Basil, Olive oil

Sweet Crumbs - **100 LE**

Plain sourdough bread Slice Topped with Jam

## Mix & MATCH

### SLICE OF PLAIN SOURDOUGH BREAD AND CHOICE OF YOUR FAVORITE TOPPING

Smoked Salmon - **100 LE**

Avocado Guacamole - **80 LE**

Hummus Puree - **40 LE**

Babaganough - **40 LE**

Grilled Vegetables - **40 LE**

Cream Cheese - **60 LE**

## *Flammkuchen* STORY

*Comes directly from Eastern France—Alsace to be precise. When big baking was happening at a local Alsatian bakehouse, la tarte flambée was placed in the oven before all the bread to make sure the temperature was just right.*

*The perfect fit for quick tarte flambée (Flammkuchen) cravings! This oil dough doesn't need yeast and therefore doesn't have to rest for long. After only 15 minutes it's ready to be rolled out—after that, it's ready for any type of topping.*

*Tarte flambée (Flammkuchen) is simple. You don't need many ingredients to combine many different textures on one plate.*

### FLAMMKUCHEN

Flammkuchen Mushroom - **120 LE**

Crème fraîche / Caramelized Onions / Mushrooms / Blue Cheese

Flammkuchen Smoked Salmon - **160 LE**

Smoked Salmon / Crème Fraiche / Onion / Cheddar Cheese

Flammkuchen Anchovies - **110 LE**

Anchovies / Caramelized Onions / Crème Fraiche / Cheddar Cheese

Flammkuchen Vegetarian - **100 LE**

Bell Pepper / Mushroom / Chili / Crème Fraiche / Goat Cheese

## *Beverage* MENU

### SOFT DRINKS

Mineral Water Small - **25 LE**

Mineral Water Large - **35 LE**

Infused water by Carafe 0.5L - **50 LE**

Pepsi - Pepsi Light - 7 Up - Mirinda - **35 LE**

Soda Water - Tonic Water - **35 LE**

### HOT DRINKS

Black & Flavored Tea - **50 LE**

Hot Chocolate - **50 LE**

### COFFEE

Espresso - **50 LE**

Caramel Macchiato - **50 LE**

Cappuccino - **50 LE**

Flat white - **50 LE**

Café Latte - **50 LE**

Add Flavor - **15 LE**

(Vanilla - Hazelnut - Caramel)

### COLD COFFEE

Classic Ice Coffee - **70 LE**

Vanilla Syrup / Milk / Espresso

Classic Ice Mocha - **70 LE**

Dark Chocolate Sauce / Espresso / Milk

## REFRESHING

Iced Green Tea with Soda & Lemon - **60 LE**

Home Made Iced Tea with Lemon - **60 LE**

## *Healthy*

### REFRESHING FRUITS & VEGETABLES JUICES

Mixed Juice - **60 LE**

Carrot & Orange

Beetroot, Apple & Ginger

Melon & Mint

Lemon & Mint

Fresh Juices - **60 LE**

Squeezed Orange

Guava, Mango

Strawberry

## SMOOTHIES

Pink Power Smoothie - **80 LE**

Yogurt, Milk, Strawberry, Apple, Banana, Beetroot, Vanilla

Crumps Power Smoothie - **80 LE**

Yogurt, Strawberry, Apple, Banana, Dates

Green energy - **100 LE**

Frozen Bananas, Pineapple, Coconut milk, Spinach

Avo-Meal Smoothie - **100 LE**

Avocado, Cucumber, Green apple, Mint leaves, Honey

## SHAKES

Vanilla Ice Cream Base & Your Favorite Flavor - **80 LE**

Banana, Caramel,

Strawberry Mango, Blueberry

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