



SAFINA

MEDITERRANEAN

The
NATURALIST

Café & Lounge

GRAB & GO SERVICE MENU

OPEN DAILY

Breakfast | 6:30AM - 10:30AM

Lunch | 11:00AM - 3:00PM



INTERCONTINENTAL[®]

HOUSTON - MEDICAL CENTER

6750 Main St. | Houston, TX 77030 | 713.422.2779 | ichoustonhotel.com | safinahouston.com

Chef Prepared Breakfast

6:30AM - 10:30AM



À LA CARTE

Pastries croissant, chocolate croissant, danish, muffin	2.5
Breakfast Taco egg, potato, cheese, flour tortilla	2.5
Yogurt Parfait yogurt, granola, mixed berries, honey	5
Oiko Greek Yogurt strawberry, blackberry, blueberry	4
Fruit Cup honey dew, cantaloupe, pineapple, grapes, mixed berries	4

BEVERAGE

Juice orange, apple, grapefruit	3
Coffee or Tea regular, decaf or tea	4

ENTRÉE

Steel Cut Oatmeal brown sugar, dried blueberries, candied pecans, cream cheese	8
Egg White or Three Egg Omelet 4 Additional Meat 2 Additional Vegetable choice of one meat: bacon, sausage, chicken sausage choice of two vegetables: tomatos, peppers, onions, mushrooms, scallions choice of one cheese: gruyere, sharp cheddar, american, feta	14
Eggs Any Style choice of pork sausage, chicken sausage or bacon breakfast potato and your choice of toast	15
Buttermilk Pancakes candied pecans, caramelized bananas, honey butter	12
Belgian Waffle berries, powdered sugar, fresh berries, maple syrup, honey butter	12
Smoked Salmon Bagel plain, everything, sesame	19

SNACK

Whole Fruit	1
Candy	2
Kind Bars	
Potato Chips	
Pringles	
Planters Trail Mix	
Jerky	3
Ice Cream Bars	3.5



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Chef Prepared
Lunch
11:00AM - 3:00PM
Dinner
5:00PM - 10:00PM

STARTER

Cheese Plate assorted cheese, crackers, olives, grapes, house preserves	9
Charcuterie Plate assorted charcuterie, crackers, olives, whole grain mustard, smoked almonds	9
Hummus & Crudité assorted raw vegetables, hummus, pita chips	6
Power Snack smoked almonds, cubed cheese, dried fruit & chocolate, hard boiled egg	5

SOUP

Lentil Soup	6
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SALAD

Kale Caesar Salad baby kale, garlic roasted croutons, parmigiano-reggiano, caesar dressing	9
House Salad mixed greens, apples, candied pecans, blue cheese, honey vinaigrette	9

ENTRÉE

Grilled Chicken seasonal vegetables	18
Pasta Bolognese spaghetti pasta, bolognese, parmigiano-reggiano, basil	19
Cacio e Pepe Ravioli cheese ravioli, black pepper, wild mushroom, black winter truffle, parmigiano-reggiano fondue	22
Saffron Risotto arborio rice, saffron, lime, oven dried tomatoes, parmigiano-reggiano fondue	20
Salmon Provencal lemon pomme puree, piperade, garden oil	33
Daily Special	MKT price

SNACK

Whole Fruit	1	Jerky	3
Candy, Kind Bars	2	Ice Cream Bars	3.5
Potato Chips, Pringles		Oiko Greek Yogurt	4
Planters Trail Mix			

SANDWICH

Club Sandwich turkey, ham, swiss, bacon, canadian bacon, lettuce, dijonnaise, brioche bread	12
Chicken Salad Sandwich chicken, mayonnaise, dijon mustard, onions, celery, cranberry, almonds, pretzel bun	10
Chicken Shawarma chicken, sumac red onion, garlic sauce, pita bread	8
Turkey Sandwich turkey, swiss, lettuce, tomato, dijonnaise, brioche bread	11
Bayou Burger ground beef, lettuce, tomato, onion, house pickles, house spread, brioche bun american, gruyere or cheddar +2 house bacon +2 kenz hen z egg +2	12



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BOX LUNCH

\$12 box lunches are served with chips
+\$2 add a chocolate chip cookie

Turkey Sandwich
roasted turkey, lettuce, tomato, onions, cranberry aioli, swiss, ciabatta

Ham Sandwich
black forest ham, duroc canadian bacon, lettuce, tomato, onions,
herb aioli, havarti, ciabatta

The Italian
soppressata, salami, arugula, onion, lemon vinaigrette, provolone, ciabatta

Veggie Sandwich
grilled zucchini, avocado, arugula, marinated tomatoes, goat cheese

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