



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 2.5
croissant, chocolate croissant, danish

Yogurt Parfait 5
yogurt, granola, mixed berries, honey

Oiko Greek Yogurt 4
strawberry, raspberry, blueberry

Seasonal Fruit Plate 9
honey dew, cantaloupe, pineapple,
mixed berries

BEVERAGE

Juice 3
orange, apple, grapefruit

Coffee or Tea 4
regular, decaf

ENTRÉE

Steel Cut Oatmeal 8
brown sugar, dried blueberries,
candied pecans

Egg White or Three Egg Omelet 14
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

Eggs Any Style 15
choice of pork sausage, chicken sausage or bacon
breakfast potato and your choice of toast

Buttermilk Pancakes 12
candied pecans, caramelized bananas, honey butter

Belgian Waffle 14
berries, powdered sugar, fresh berries,
maple syrup, honey butter

French Toast 14
house granola, fresh berries, powder sugar and maple
syrup

Smoked Salmon Bagel 19
plain, everything

SNACK

Whole Fruit 1

Candy 2

Kind Bars

Potato Chips

Pringles

Planters Trail Mix

Soda 3.5

Ice Cream Bars 3.5

Red Bull 5.5



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Chef Prepared

Lunch

11:00AM - 3:00PM

Dinner

5:00PM - 10:00PM

STARTER

Cheese and Charcuterie Plate assorted Cheese and charcuterie, crackers, olives, grapes, house preservers, whole grain mustard, smoked almonds	22
Hummus chickpea, spread, tahini, olive oil, served with pita chips	9
Mussels PEI mussels, white wine, lucky layal butter, house bread	15
Crispy Brussels Sprouts Brussels Sprouts, lucky layal butter, anchovies, honey, roasted almonds, pomegranate	11

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

ENTREÉ

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 Avaliable During Dinner Only	MKT price

SNACK

Whole Fruit	1	Soda	3.5
Candy, Kind Bars		Red Bull	5.5
Potato Chips, Pringles	2	Ice Cream Bars	3.5
Planters Trail Mix		Oiko Greek Yogurt	4

SANDWICH

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



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