



RIAD MAYFEZ SUITES & SPA
FEZ MEDINA

VEGAN & VEGETARIAN MENU

36, RUE OUED SOUAFINE – DOUH - 301110 FEZ MEDINA – MOROCCO
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VEGAN & VEGETARIAN MENU

APPETIZERS

Soups

(All ours soups are served with boiled egg for vegetarian only, and dates)

Harira (*Moroccan soup made of tomatoes, lentils, chick peas and meat*)
Bessara, (*Moroccan dried broad beans soup*)
Seasonal vegetables soup with a touch of argan oil

Or

Selection of 4 salads

(To choose from the following)

Taktouka (*Fried tomatoes and pepper salad, fresh coriander seasoning*)
Zaalouk (*Eggplants stew with Moroccan spices*)
Moroccan tomato chutney
Cooked vegetables Moroccan salad, of the day
Raw vegetables Moroccan salad, of the day
Candied Carrots, grilled almonds and goat cheese shavings (signature dish)
Oriental humous or babaghanouch, traditional bread
Orange and fresh mint salad, balsamic vinegar seasoning (signature dish)
Little gem, green beans, orange and roasted hazelnuts (signature dish)

Or

Selection of Briouates

Vermicelli and vegetables

3 course menu : Appetizer, main course, Dessert – 450 MAD
2 course menu: Appetizer, main course or main course, Dessert– 390 MAD
*All our ice creams and sorbets are homemade
Bread is also homemade

MAIN COURSE

Provided by mother Earth

Laadess - Lentils, coriander and Moroccan spices tagine
Mixed legume balls in tomato sauce, Moroccan spices
Chaaria seffa
Vegetable Couscous
Traditional Egyptian Koshari
Suggestion of the day

Provided by the Sea

(Extra charge MAD 100)

Seafood Pastilla
Oven baked fish from the catch of the day, saffron risotto
Rice Spanish style (*with tiger prawns: extra 80 MAD*)
Cod-fish loin tagine with tomatoes and candied lemon

SWEET ENDING

Banana-chocolate Briouates
Vegan chocolate mousse with a touch of ghassel hannout
Poached pears, orange and saffron threads curd
Fresh fruit Minestrone
Inspiration of the day

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