



Spinach & bacon skillet [E] <i>(vegan option available)</i> Breakfast rich in dietary fibers, iron, vitamin B-6 and magnesium Spinach, chick peas, sweet potato, fried eggs beef bacon and paprika	45
Kale benny [N, E, F] Nutrients dense protein meal balanced with iron, vitamin B6 and dietary fiber Brioche bread, kale, poached eggs, hollandaise sauce and homemade salmon carpaccio OR Smoked beef bacon	55
Braised beef benedict [E, N] High quality protein filled dish which melts in your mouth Gluten free English muffin, braised beef brisket, hollandaise sauce, caramelized onion, poached eggs and cherry tomatoes	50
Vegetarian breakfast [E] <i>(vegan option available)</i> Dish rich in protein and healthy fats, balancing energy Asparagus, baby potato, mushroom, avocado, cherry tomato, poached eggs and hollandaise sauce	45
Paper pancakes [N, S] <i>(vegan option available)</i> Anti-inflammatory and memory supporting Paper pancakes with red wine berries OR apple and banana OR vegan Nutella	40
Shakshuka with feta & fried eggs [D, E] <i>(vegan option available)</i> Metabolism enhancing properties with high beta carotene, choline and calcium Red capsicum, kale, white onion, homemade tomato sauce, fried eggs, feta cheese and gf flat bread	40
Breakfast Smoothie bowls VEGAN A superfood breakfast bowls loaded with healthy fats, antioxidants and fiber PINK - Pink pitaya puree, raspberry, dragon fruit, pumpkin seeds, coconut milk and chia seeds GREEN - Avocado, spinach, blue berry, banana, green apple, kiwi and soya milk [SO] PURPLE - Acai puree, kiwi, strawberry, blue berry, homemade granola and banana [N]	53
Vegan Nutella & banana oatmeal VEGAN [N] Powerhouse of nutrients, loaded with essential vitamins and minerals Gluten free oats, almond milk, vegan Nutella, activated walnuts and banana compote	55
Something light [N] VEGAN Energy packed breakfast and omega-3 rich meal 2 slices of GF toast with homemade preserves, day squeezed OJ, fresh fruits and Your choice of organic coffee or tea, ADD 2 free range eggs- 16 (cooked any style)	43
Cashew & vegetable stew with Sri Lankan rice hoppers [N] VEGAN Rich in antioxidants & selenium, reduces high blood pressure Cashew nuts, cauliflower, zucchini, red lentil, ginger, onion, tomato and rice hoppers	40
Dosa pizza VEGAN A healthier take on Indian street food, rich source of vitamin, iron, calcium and magnesium Rice and black lentil dough, tikka masala sauce, asparagus, sundried tomato and avocado cube ADD 2 free range fried eggs - 16 (cooked any style)	40
You decide <i>(create your own breakfast)</i>	
Spinach	16
Kale	16
Mushroom	16
Avocado	16
Bacon	16
Baby Potato	16
Free range egg (2 pcs)	16
Probiotic coconut yogurt	20
Flat bread	5
Gluten free toast	5

[N] contains nuts, [S] contains shellfish, [SS] contains sesame seeds, [E] contains eggs, [D] contains dairy, [F] contains fish, [SO] contains soya  
All prices are inclusive of 5% VAT. We try to obtain the best product at the perfect time, if in any case one dish is not available, please excuse us.

## STARTERS

Red tartar VEGAN [N]	38
Rich source of vitamin C and K along with iron, improving blood circulation Variations of beetroot, coconut yogurt, tomatoes, crushed pistachios and baby rocca	
Snacks platter for 2 [SS, N]	69
A full package for detox, improving digestion and immune boost Crispy nuggets, pumpkin kibbeh, curried cauliflower and beef cabbage roll OR go VEGAN with Vietnamese spring rolls, green fitters, zucchini chips, pumpkin kibbeh and curried cauliflower	
Vegan tartar	42
A cooling and hydrating dish, a perfect starter Avocado, watermelon, tomato, rocca, aged balsamic, parsley oil and mustard dressing	
Autumn soup VEGAN [SO]	38
Full of antioxidants, lutein and zeaxanthin for your vision Butter squash, carrots, onion, leeks, herbs and soya milk	
Red lentil soup VEGAN	38
Protein rich and energy balancing Red lentil, onion, garlic, ginger, tomato, coriander and herbs	
Healthy tacos VEGAN	38
High in vitamin A and loaded with heart-healthy fats and minerals Green bell peppers, onion, garlic, avocado, black beans, and Gluten Free tortilla Add chicken-10, Beef OR Shrimps-15	
Bang bang shrimp [E, S]	38
A healthier take on a humble shrimp full of flavors Battered shrimps, honey mayo sauce, pepper ketchup and gem lettuce	
Beef cabbage rolls with green tahini sauce [SS]	38
Rich source of zinc, vitamin B12 along with, dietary fiber to keep inflammation in control Shredded beef, white cabbage, tahini, avocado and herbs	

## SALADS

Edible garden VEGAN [N, SS]	49
Antioxidant and hormone balancing Garden salad leaves, roasted sweet potato, beetroot hummus, dukka, black sesame seeds and petit vegetables Add chicken-10, Beef OR Shrimps-15	
Quinoa crunch VEGAN [N, SO]	59
Rich source of plant based protein, omega-3 with hormone balancing qualities Quinoa, edamame, raw green beans, avocado, arugula, baby gem, raw almonds, chia and citrus dressing Add chicken-10, Beef OR Shrimps-15	
Poke bowl [F, SO, SS]	53
A well balanced starter full of healthy fats, proteins and some carbs Salmon, mango, coriander, chives, Holland chili, black rice, soya, sesame oil dressing and sesame seeds	
Yam Buddha	49
Fights infections and improves brain cognition and balances hormones Quinoa, roasted yam, falafel, avocado, jackfruit chips, cherry tomato, rocca and turmeric yogurt. Add chicken-10, Beef OR Shrimps-15	
Winter berry salad	55
Source of vitamins to boost immunity and antioxidants help fight inflammation Beetroot, pumpkin, tapioca, roasted pears, green apple, rocca, kale and berry vinaigrette Add chicken-10, Beef OR Shrimps-15	
eat well power salad [SS]	49
Power house of minerals and vitamins to improve stamina Roasted butter nut squash, beetroot, asparagus, red onion, bell pepper, Cajun spice, kale, white beans, avocado pesto and sesame seeds Add chicken-10, Beef OR Shrimps-15	

## MAINS

### Corn and chicken with avocado salsa 74

Great as a post workout meal to repair and grow muscles with protein and good fats  
Grilled chicken breast, corn, coconut cream, avocado, tomato and popcorn

### Lamb shank and millet couscous 90

Great meat to boost iron stores and nutrients from millet to manage diabetes and heart health  
Slow cooked lamb shank, foxtail millet, peppers and jus

### Flank steak and winter vegetables 90

Real protein punch, great for those wanting to build muscle  
Grilled Flank steak, beetroot, pumpkin, pumpkin gnocchi and cassava fries with chimichurri sauce

### Popular confit Duck 70

Great way to deliver protein along with the benefits of nutrients packed red cabbage  
Duck leg, braised red cabbage, sweet potato gratin and red wine sauce

### Green bass [F] 74

Immune system booster  
Pan seared seabass, green pea puree, snow peas, broccoli, fennel and cucumber rolls

### Salmon temptation [F] 82

High in omega 3 fats to enhance mood and give brain power  
Oven baked salmon, beetroot puree, red pepper coulis, carrots cube, asparagus and Brussels sprout

### #Cookingforpeanuts VEGAN [N] 55

Vegan dish rich in proteins and fiber, low carbohydrate alternative  
Chick peas & cashew curry, cauliflower rice, capsicum, coconut yogurt and avocado

### Cauliflower mac n' cheese VEGAN 58

A guilt free vegan treat for mac n' cheese lovers  
Penne pasta, cauliflower, coconut cream, broccoli and grilled zucchini

### Sweet potato phad thai VEGAN [N, SO] 55

A dish packed with good-for-you vitamins A, C, E, K  
Sweet potato noodles, cabbage, tofu, asparagus, beans sprouts, broccoli and homemade phad thai sauce

### Add Sides 16

Green salad | Sautéed Kale | Steamed vegetables  
Steamed quinoa and rice | Roasted baby potatoes

### Sweet potato fries 22

## DESSERTS

(All Vegan)

### Carrots and raisin pudding [N] 32

A dessert packed with energy and rich in fibers  
Carrots, raisin, cashew nuts, saffron, cardamom, almond milk and vegetable ghee

### Sweet potato brownie & beetroot ice cream [N] 48

For the love of chocolate with a healthy twist  
Sweet potato, almond milk, cocoa powder and beetroot

### Tiramisu [N] 38

Coffee drinkers have less risk of heart diseases, now it can be eaten...  
Coconut cream, black coffee and almond milk

### Pumpkin & apple pie [N] 32

Tribute to the season with one of the healthiest spices  
Pumpkin, apple and cinnamon