

## HOT BEVERAGES

### RAW ORGANIC COFFEE

*(All available in our special decaf roast)*

Espresso	13
Double espresso	16
Macchiato	15
Americano	17
Americano w milk	18
Cappuccino	19
Latte	21
Flat white	24
Iced americano	17
Iced latte	21
Iced cappuccino	19
Extra shot	6
Hot organic chocolate	24
Drink well	27

- Ask for our special hot drink

### AVANTCHA ORGANIC TEAS 18

White peony - Pai mu tan	White tea
Gunpowder - Temple of heaven	Green tea
Winter apple (seasonal)	Green tea
English breakfast	Black tea
Majestic earl grey	Black tea
Lapsang souchong	Black tea
High mountain oolong	Oolong
Natural rooibos	Herbal infusion
Ginger breeze	Herbal infusion
Herbal earl grey	Herbal infusion



## MENU

Gate Building, Precinct Building 2, Level 2

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@eatwelldifc | #eatwelldifc

#BeHappyBeWellDubai

Dubai can feel like one long strip of chain restaurants, but thanks to eat well Restaurant's expansion, there's a yummy, healthy place to eat right in the heart of Dubai – DIFC!

As a part of the 2 times award-winning eat well Restaurant (in Dubai Herbal & Treatment Centre), eat well DIFC introduces a healthy takeaway option for the DIFC community.

Whether it's an all-important meeting you are rushing to or you are simply looking for a healthy yet filling meal, eat well has something to offer. You can always enjoy from our range of breakfast, sandwiches, salads, mains, desserts and much more!

Our range of organic coffee from RAW and tea from Avantcha, are not be missed!

All our meals are free from gluten and refined sugar. But there is a lot more to savor!

So come down to eat well and say hello!

*eat well – where healthy meets delicious.*

## WRAPS

Chicken [SO]	35
Grilled chicken breast with green peppers, onion, tomato, cucumber, black olives, rocca and sundried tomato pesto	
Grilled vegetables VEGAN [SO]	30
Grilled zucchini, carrots, peppers, cucumber, tomato, olive paste and balsamic vinegar	
Salmon [F, SO]	40
Salmon carpaccio, lettuce, tomato, cucumber carrots and cashew nut cream	
Avocado and eggs [E, SO]	35
Avocado, tomato, lettuce, scrambled eggs and cucumber	
Falafel [SO, SS]	30
Falafel, lettuce, tomato, cucumber, carrots and tahini yogurt	

## SALADS

Healthy Greek [D]	25
Romaine lettuce, kale, peppers, cucumber, tomato, black olives, onion, feta cheese and balsamic dressing	
Waldorf [E,N]	25
Apple, celery, walnuts, parsley and honey mustard mayo dressing	
Tuna [F]	28
Grilled tuna, kale, baby gem, rocca, tomato, olives, peppers and lemon dressing	
Sweet potato [N]	37
Roasted sweet potato, walnuts, mix lettuce, tomato and balsamic maple dressing	
Quinoa tabbouleh	22
Parsley, quinoa, tomato, onion, peppers, pomegranate and cumin lemon dressing	

[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.

## SANDWICHES

Roasted beef [E]	42
Roasted beef, baby gem, tomato, cucumber and tartar sauce	
Chicken curry	30
Shredded chicken, lemongrass masala, lettuce and tomato	
Chicken quiche (vegan option available) [N, SO]	30
Kale, tofu, sundried tomato, spinach and coconut cream / chicken	
Falafel [N]	30
Lettuce, tomato, cucumber, falafel and tahini yogurt	
BLT [N]	30
Beef bacon, lettuce, tomato and honey mustard sauce	

## MAINS

Steamed basmati rice and chicken curry [N]	30
Basmati rice, chicken breast lemon grass and curry	
Vegetable quinoa biryani [N]	32
Cauliflower, zucchini, eggplant, carrots, green peas and quinoa	
Grilled salmon and steamed vegetables [F]	47
Grilled salmon, broccoli, cauliflower, lemon and green beans	
Satay combo [N, S]	32
Chicken/beef/shrimps satay with brown rice	
Spaghetti pasta in Bolognese sauce	37
Spaghetti pasta, celery, carrots, beef and homemade tomato sauce	
Stir fry chicken with brown rice [SO]	32
Chicken, vegetables, brown basmati rice and gluten free soy sauce	

## SOUPS

Gazpacho	20
Tomato, cucumber, red peppers, onion and yuzu juice	
Red lentil	20
Red lentil, tomato, ginger and herbs	

HEALTHY MEETS DELICIOUS



## SNACKS

Beetroot hummus with gluten free bread [SS]	17
Roasted carrots hummus [SS]	17
Rice and beet potato roll	17
Vegetable samosa [N]	16

## CAKES

Carrot [N]	25
Blueberry cheesecake [N]	25
Matcha pistachio [N]	25
Choco hazelnut [N]	25
Honey [N]	25
Raspberry pie [N]	25
Berries tart [N]	25

## BREADS

Brown bread loaf [N]	40
Turmeric loaf [N]	40
Three seeds loaf [N]	40
Buckwheat loaf	40

## MUFFINS

Blueberry [N]	22
Almond [N]	22
Banana and walnuts mini loaf [N]	22