

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

050 730 6326 | info@dubaieatwell.com

www.dubaieatwell.com

@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.

BREAKFAST

Breakfast burrito	25
Sweet potato, black beans, avocado and lemon	
Egg muffin and bacon [E]	25
Eggs, spinach and beef bacon	
Scrambled tofu [SO]	25
Tofu, red bell peppers, turmeric, potato and spinach	
Chocolate and pumpkin oatmeal [SO, N]	28
Gluten free oats, chocolate, pumpkin mash, maple syrup and soya milk	
Acai bowl with eat well granola [N]	28
Acai puree, kiwi, strawberry, banana, avocado and homemade granola	

SALADS

Healthy Greek [D]	25
Romaine lettuce, kale, peppers, cucumber, tomato, black olives, onion, feta cheese and balsamic dressing	
Sweet potato [N]	32
Roasted sweet potato, walnuts, lettuce, tomato and balsamic maple dressing	
Quinoa tabbouleh	22
Parsley, quinoa, tomato, onion, peppers, pomegranate and cumin lemon dressing	
Grilled vegetables in sundried tomato pesto [N]	25
Zucchini, carrots, bell peppers, onion, parsley and sundried tomato	
Beetroot, lentil and feta cheese [D]	28
Lentil, beetroot, tomato, celery, balsamic and feta cheese	
Pumpkin and chickpeas	25
Roasted pumpkin, chickpeas, sundried tomato, mustard and balsamic	
Thai beef salad [F]	35
Grilled beef, lemongrass, onion, Holland chili, lime and fish sauce	

[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.

WRAPS

Chicken [SO]	28
Grilled chicken breast, green peppers, onion, tomato, cucumber, black olives, rocca leaves and sundried tomato pesto	
Salmon [F, SO]	30
Salmon carpaccio, lettuce, tomato, cucumber, carrots and cashew nut cream	
Avocado and eggs [E, SO]	25
Avocado, tomato, lettuce, scrambled eggs and cucumber	
Falafel [SO, SS]	25
Falafel, lettuce, tomato, cucumber, carrots and tahini yogurt	

MAINS

Steamed basmati rice and chicken curry [N]	30
Basmati rice, chicken breast, lemon grass and curry	
Grilled salmon and steamed vegetables [F]	42
Grilled salmon, broccoli, cauliflower, lemon and green beans	
Chili con carne	35
Minced beef, peppers, onion, cumin, paprika, basmati rice and coconut yoghurt	
Grilled chicken and baby potatoes	35
Grilled chicken breast, roasted baby potatoes and broccoli	
Beef teriyaki combo [SS, SO]	35
Sliced beef, leeks, cauliflower, peppers, Holland chili and soya sauce	
Tofu combo [SO]	32
Tofu, bok choy, black rice, soya sauce and sesame seeds	
Cauliflower fried rice with vegan fritters	30
Cauliflower, bell peppers, turmeric, onion, lentil and carrot fritter	
Quinoa and beetroot risotto [N]	30
Beetroot, quinoa, onion, garlic and paprika cashew cream	
Vegetable quinoa biryani [N]	30
Cauliflower, zucchini, eggplant, carrots, green peas and quinoa	
Pumpkin and kale skillet	30
Roasted pumpkin, kale, quinoa, onion, garlic and coconut oil	

HEALTHY MEETS DELICIOUS



SOUPS

Soup of the day	20
Please check with our team for our soup of the day	
Red lentil	20
Red lentil, tomato, ginger and herbs	

SNACKS

Beef pie	20
Beef, leeks, celery, potato, onion, garlic, peppers and pie crust	
Chicken pie	20
Chicken, celery, onion, garlic, carrots and pie crust	
Seafood pie	20
Shrimps, salmon, celery, leeks, onion, garlic, green pea, cream, mustard and pie crust	
Chicken doughnuts	20
Chicken, potato, peppers, herbs, bread crumbs and pie crust	
Spinach and feta cheese pie	20
Spinach, feta cheese, onion and pie crust	

CAKES, MUFFINS & LOAFS

"All our cakes are gluten free and without refined sugar, (Vegan options available)"

Cake slice	20
Muffins & loafs	15

BREADS

We use organic flour. All our breads are free from gluten and refined sugar.

(Vegan and yeast free options available)

"Please request for our bread menu"