



Breakfast

Choose your benedict (beef or salmon) [E, F]	50
High quality protein filled dish which melts in your mouth Gluten free English muffin, braised beef brisket, salmon, kale, hollandaise sauce, caramelized onion, poached eggs and cherry tomato	
Shakshuka with feta and fried egg [D, E] <i>(Vegan option available)</i>	40
Metabolism enhancing properties with high beta carotene, choline and calcium Red capsicum, kale, white onion, homemade tomato sauce, fried egg, feta cheese and gluten free flat bread	
Something light [N] <i>(Vegan option available)</i>	43
Energy packed breakfast and omega-3 rich meal 2 slices of gf free bread, homemade preserve, day squeezed OJ, fresh fruits and your choice of organic coffee or tea ADD 2 free range eggs- 16 (cooked any style)	
White egg omelette with bacon and mushroom [E]	40
Keto friendly breakfast that helps to maintain weight 2 white eggs, onion, bacon, mushroom, tomato and green salad	
Arabic breakfast [E, D, SS] <i>(Vegan Option available)</i>	45
Combination of vegan and non-vegan protein rich breakfast Shakshuka scrambled, fowl madamas, hummus, feta cheese, bread, cucumber and tomato	
Paper pancake [N] <i>(Vegan option available)</i>	40
Anti-inflammatory and memory supporting Paper pancakes with red wine berries OR apple and banana OR vegan Nutella	
Vegetarian Breakfast [E] <i>(Vegan Option available)</i>	45
Dish rich in protein and healthy fats, balancing energy Asparagus, baby potato, mushroom, avocado, cherry tomato, poached eggs and hollandaise sauce	
Acai bowl and eat well granola [N] - VEGAN	53
A superfood breakfast bowl loaded with antioxidants Acai puree, kiwi, strawberry, banana and granola	
Superfood breakfast bowl [N] - VEGAN	55
One of the oldest super food with high levels of protein, minerals and antioxidants Greentein spirulina mix, almond milk, gluten free rolled oats, berry compote, green apple and almond butter	
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

STARTERS

Peking roll [SS, SO] <i>(Vegan option available)</i> Brain function enhancing with iron Roasted Peking duck, cucumber, leaks, spring onion and hoisin sauce	42
Pattaya crab cake [F] Fiber and protein loaded meal along with omega 3 Sweet potato, quinoa crumbled crab meat patty, Thai herbs, cabbage slaw and homemade sweet chili sauce	45
Healthy tacos - VEGAN High in vitamin A and loaded with heart-healthy fats and minerals Bell peppers, onion, garlic, avocado, black beans, kimchi salad, baby gem and gluten free tortilla Add: Beef, Chicken OR Shrimps -15 AED	38
Sriracha shrimps [F] A healthier take on a humble shrimp full of flavors Sriracha marinated shrimps, red cabbage slow and quinoa scallion	38
Snack platter for 2 A full package for amino acids, proteins and immune boost Cauliflower buffalo sauce, chicken nuggets, beef slider, broccoli bites and stuffed crab cake (Non Vegan) OR Vegan sausage with cheese sauce, broccoli bites, bok choy samosa, lentil and carrot fritter (Vegan)	69
Beef cabbage rolls [SS] Rich source of zinc, vitamin B12 along with, dietary fiber to keep inflammation in control Shredded beef, white cabbage, tahini, avocado and herbs	40
Red lentil soup - VEGAN Protein rich and energy balancing Red lentil, onion, garlic, ginger, tomato, coriander and herbs	38
Roasted cinnamon pumpkin soup - VEGAN Full of antioxidants, lutein and zeaxanthin for your vision, diabetic friendly Cinnamon flavored creamy pumpkin soup	42

SALADS

Edible garden [N, SS] - VEGAN Antioxidant and hormone balancing Garden salad leaves, roasted sweet potato, beetroot hummus, dukkha and black sesame seeds Add: Beef, Chicken OR Shrimps -15 AED	49
Buddha bowl [SS] - VEGAN Fights infections and improves brain cognition Sweet potato, green lentil, frisee lettuce, avocado, tomato, broccoli and sesame seeds	49
Super food salad [SO] - VEGAN Increase your superfood intake, loaded with healthy fats, antioxidants and fiber Edamame, kale, raspberry, millet, grapes, cranberry, sunflower seeds, lemon and orange	55
Poke bowl [F, SO, SS] <i>(Vegan option available)</i> A well balanced starter full of healthy fats, proteins and some carbs Salmon, mango, coriander, scallion, chili, tri color quinoa, soya and sesame oil dressing, avocado and tofu	55
Brickle beef salad A great way to replenish glycogen stores and rebuild muscles after a good workout Grain mustard vinaigrette, chives, beef, kale, baby gem, puffed quinoa, cherry tomato and avocado	55

MAINS

Jerk chicken [SO] 75
Great as a post workout meal to repair and grow muscles, good for energy metabolism
Marinated chicken breast, tomato relish, black onion and bbq sauce

Moroccan lamb tagine with pilaf rice [N] 78
Great meat to boost iron levels, cranberry with antiaging properties
Moroccan style stewed lamb served with apricot, prune, basmati rice, green peas, cranberry, almond flakes and Moroccan spices

Beef fillet 95
Loaded with iron, zinc and amino acids to help build muscles and repair tissues
Tenderloin, kale, baby potato, baby gem, rocca, cherry tomato, truffle mushroom puree and non-alcoholic red wine veal jus

Spiced salmon [F, SO] 82
High in omega 3 fats to enhance mood and give brain power
Salmon, spinach, sweet potato puree, avocado cream, red pepper puree and edamame

Confit duck 75
Great way to deliver protein along with the benefits of nutrients packed sweet potatoes
Duck leg, pumpkin puree, bok choy, black onion, orange, crush potato, cherry tomato and veal jus

#Cookingforpeanuts [N] – VEGAN 55
Dish rich in plant based proteins and fiber, low carbohydrate alternative
Chickpeas, cashew nuts, coconut milk, cauliflower rice, capsicum and avocado

Quinoa biryani [N] – VEGAN 58
Abundance of nutrients to support healthy brain function, anti-inflammation, digestion and detox
Quinoa, carrot, eggplant, cauliflower, green peas, spices, cashew nut and raisin

Vegan Thai red curry and flat rice noodles 58
A healthy take on a real Asian flavor
Cauliflower, Paris mushrooms, broccoli, rice noodles, red peppers, lemongrass, ginger, snow peas and coconut milk
Add: Beef, Chicken or Shrimps – 15 AED

Add Sides 16
Green salad | Sautéed Kale | Steamed vegetables
Steamed quinoa and rice | Roasted baby potatoes

Sweet potato fries 22

DESSERTS

(All pastries are vegan and contains no refined sugar)

Famous apple pie with a twist [N] 35
Tribute to the season with one of the healthiest spices
Almond powder, gluten free flour, apple, cinnamon and vanilla ice cream

Your chocolate treat [N] 35
For the love of chocolate with a healthy twist
Almond powder, gluten free flour, coconut cream, maple syrup, cocoa powder and coffee chocolate sauce

Orange trifle [N] 35
A perfect vegan treat rich in vitamins
Caramelized orange, coconut cream, almond powder and orange marmalade

Varieties of cake slices available from bistro counter 25

✓ Vegan Breakfast Menu ✓

Tofu shakshuka [SO]	40
Metabolism enhancing properties with high beta carotene, choline, calcium and isoflavones Red capsicum, kale, white onion, homemade tomato sauce, scrambled tofu, spinach and gf flat bread.	
Something light [N]	43
Energy packed vitamin rich breakfast 2 slices of gf free bread, homemade preserve, day squeezed OJ, fresh fruits and your choice of organic coffee or tea	
Vegan omelette [N]	40
A perfect plant based substitute for your usual omelettes Potato, sweet potato, sundried tomato, asparagus, avocado with vegan mayo and homemade ketchup	
Arabic breakfast [SO,N]	45
Vegan protein rich breakfast Tofu scrambled, falafel, fowl madamas, hummus, bread, cucumber and tomato	
Paper pancake [N]	40
Anti-inflammatory and memory supporting Paper pancake with red wine berries OR apple and banana OR vegan nutella	
Vegan breakfast	45
Dish rich in protein and healthy fats, balancing energy Asparagus, baby potato, mushroom, avocado, cherry tomato and vegan hollandaise sauce	
Acai bowl and eat well granola [N]	53
A superfood breakfast bowl loaded with antioxidants Acai puree, kiwi, strawberry, banana and granola	
Superfood breakfast bowl [N]	55
One of the oldest super food with high levels of protein, minerals and antioxidants Greetein spirulina mix, almond milk, gluten free rolled oats, berry compote, green apple and almond butter	
You decide (<i>create your own breakfast</i>)	
Spinach	16
Kale	16
Mushroom	16
Avocado	16
Baby Potato	16
Probiotic coconut yogurt	20
Flat bread	5
Gluten free toast	5



RESTAURANT - BISTRO

Vegan Menu

STARTERS

- Vegan peking roll** 42
Immune boosting and full of vitamin C and vitamin B
Beetroot, carrot, cucumber, leeks, spring onion, iceberg lettuce and hoisin sauce
- Healthy tacos** 38
High in vitamin A and loaded with heart-healthy fats and minerals
Bell pepper, onion, garlic, avocado, black bean, baby gem, gluten free tortilla and kimchi salad
- Snack platter for 2 [N]** 69
A full package for amino acids, proteins and immune boost
Vegan sausage with cheese sauce, broccoli bites, Coconut ginger bok choy, lentil and carrot fritter
- Ratatouillie cabbage rolls [SS]** 40
Rich source of zinc, vitamin B12 along with, dietary fiber to keep inflammation in control
Zucchini, eggplant, bell peppers, tomatoes, white cabbage, tahini, avocado and herbs
- Red lentil soup** 38
Protein rich and energy balancing
Red lentil, onion, garlic, ginger, tomato, coriander and herbs
- Roasted cinnamon pumpkin soup** 42
Full of antioxidants, lutein and zeaxanthin for your vision, diabetic friendly
Cinnamon flavored creamy pumpkin soup

MAINS

- Vegan garden lasagna [N] - PALEO** 75
Low in cholesterol and heart friendly dish
Pumpkin gel, twice cooked tomato sauce, pine seeds, baby spinach and cashew béchamel
- #Cookingforpeanuts [N]** 55
Vegan dish rich plant based proteins and fiber, low carbohydrate alternate
Chickpeas, cashew nuts, coconut milk, cauliflower rice, capsicum and avocado
- Vegan biryani [N]** 58
Abundance of nutrients to support healthy brain function, anti-inflammation, digestion and detox
Quinoa, carrot, eggplant, cauliflower, green peas, spices, cashew nut and raisin
- Vegan Thai red curry and flat rice noodles** 58
A healthy take on a real Asian flavor
Cauliflower, Paris mushrooms, broccoli, rice noodles, red capsicum, lemongrass, ginger, snow peas and coconut milk
- Crispy noodles with black bean sauce [SO,SS]** 65
Good source of plant based proteins and nutrients supporting heart health
Crispy rice noodle, black bean sauce, spring onion, beans sprout, bok choy, tofu and sesame

SALADS

- Edible garden [N,SS]** 49
Antioxidant and hormone balancing
Garden salad leaves, roasted sweet potato, beetroot hummus, dukkha and black sesame seed
- Buddha bowl [SS]** 49
Fights infections and improves brain cognition
Sweet potato, green lentil, frisee lettuce, avocado, tomato, broccoli and sesame seeds
- Super food salad [SO]** 55
Increase your superfood intake, loaded with healthy fats, antioxidants and fiber
Edamame, kale, raspberry, millet, grapes, cranberry, sunflower seeds, lemon and orange
- Poke bowl [SS,SO]** 55
A well balanced starter full of healthy fats, proteins and some carbs
Mango, coriander, scallion, chili, tri color quinoa, soya and sesame oil dressing, avocado and tofu
- Avo-quinoa salad** 55
Plenty of healthy fats, protein, good carbs and vitamin K
Kale, baby gem, puffed quinoa, cherry tomato, avocado, chives and grain mustard vinaigrette

DESSERTS

(All pastries contain no refined sugar)

- Famous apple pie with twist [N]** 35
Tribute to the season with one of the healthiest spices
Almond powder, gluten free flour, apple, cinnamon, vanilla ice cream and palm sugar
- Your chocolate treat [N]** 35
For the love of chocolate with a healthy twist
Almond powder, gluten free flour, coconut cream, maple syrup, cocoa powder and coffee chocolate sauce
- Orange trifle [N]** 35
A perfect vegan treat rich in vitamins
Caramelized orange segment, coconut cream, almond powder and orange marmalade
- Varieties of cake slices available from bistro counter 25