



gluten free, sugar free and soy free

PRE

BANANA PROTEIN PANCAKES

490 Calories
(Protein 30, Carb 78, Fat 8)
AED 46

AVO TOASTIE

478 Calories
(Protein 13, Carb 24, Fat 42)
AED 38

SWEET POTATO PANCAKES

389 Calories
(Protein 37, Carb 51, Fat 5)
AED 40

EGGLESS OMELETTE

lentil based omelette, topped with fresh avocado drizzled with mayo and a side of pineapple salsa

396 Calories
(Protein 16, Carb 43, Fat 19)
AED 46

ACAI BOWL

Rawnola, Chia seeds, Blueberries

437 Calories
(Protein 10, Carb 73, Fat 20)
AED 44

OATS

hot/cold

256 Calories
(Protein 8, Carb 47, Fat 6)
AED 46

FRUIT ON TOAST

atop our homemade cream cheese

538 Calories
(Protein 15, Carb 34, Fat 44)
AED 38





SAVORY

MAKE YOUR OWN

Choose from our seasonal salad bar: your choice of base, mains and add-ons resulting in the exact macros for your needs

AED 47

GRILLED PEACH SALAD

220 Calories

(Protein 3, Carb 24, Fat 14)

AED 38

THREE BEAN MEXICAN SALAD

kidney beans, white beans and black beans with a schezwan dressing

483 Calories

(Protein 15, Carb 46, Fat 39)

AED 41

ROCKET AVOCADO

468 Calories

(Protein 4, Carb 22, Fat 43)

AED 46

LENTIL SALAD

green lentils, crunchy hazelnuts tossed in a raspberry vinaigrette

458 Calories

(Protein 17, Carb 58, Fat 21)

AED 40

BRUSCHETTA

424 Calories

(Protein 13, Carb 22, Fat 36)

AED 38

WHITE BEAN FALAFEL WITH CAULI RICE

681 Calories

(Protein 21, Carb 67, Fat 42)

AED 48

QUINOA BIRYANI

simmered in Indian spices

427 Calories

(27 Protein, 116 Carb, 18 Fat)

AED 44





ROASTED SWEET POTATO AND BROCCOLI

with our hearty homemade pesto

433 Calories
(Protein 9, Carb 34, Fat 33)
AED 42

PIZZA

our homemade cheese topped with peppers, olives and broccoli

491 Calories
(Protein 10, Carb 74, Fat 18)
AED 50

PULLED JACKFRUIT TACOS

drizzled with spicy mayo

249 Calories
(Protein 6, Carb 56, Fat 2)
AED 48

SWEET POTATO GNOCCHI

with kale simmered in a béchamel sauce

266 Calories
(Protein 9, Carb 55, Fat 3)
AED 41

BEETROOT SLIDERS

639 Calories
(Protein 14, Carb 28, Fat 58)
AED 48

CAULIFLOWER GRATIN

broiled in our house Béchamel sauce

431 Calories
(10 Protein, 44 Carb, 27 Fat)
AED 40

SLURPS

BROCCOLI ALMOND SOUP

119 Calories
(Protein 4, Carb 16, Fat 5)
AED 30

BUTTERNUT SOUP

373 Calories
(Protein 3, Carb 42, Fat 24)
AED 30

CARROT GINGER SOUP

116 Calories
(Protein 3, Carb 27, Fat 1)
AED 30





GAINS

CARROT CAKE

157 Calories
(Protein 3, Carb 4, Fat 15)
AED 21

CHOCOLATEY CARAMEL TART

212 Calories
(Protein 3, Carb 24, Fat 14)
AED 21

CHOCOLATE CUPCAKE

127 Calories
(Protein 3, Carb 27, Fat 2)
AED 21

CINNAMON COCONUT DOUGHNUTS

183 Calories
(Protein 6, Carb 33, Fat 4)
AED 30

PEANUT BUTTER CUP

334 Calories
(Protein 9, Carb 15, Fat 26)
AED 16

PROTEIN CHOCOLATE BITES

161 Calories
(Protein 5, Carb 5, Fat 5)
AED 21

LEMON GINGER COOKIES

197 Calories
(Protein 4, Carb 12, Fat 16)
AED 30



PROTEIN PEANUT BUTTER BALLS

195 Calories
(Protein 10, Carb 7, Fat 15)
AED 21

RED VELVET CUP

232 Calories
(Protein 6, Carb 35, Fat 9)
AED 21

VANILLA NUTTER CUPCAKE

409 Calories
(Protein 7, Carb 50, Fat 21)
AED 21

TRU FRUT NATURAL ICECREAM

AED 11

QUENCH

RAW COFFEE

espresso, Americano, cappuccino, latte, Spanish latte, affogato, bulletproof
AED 15/18/20

LOVE YOU A LATTE

turmeric, matcha
AED 20

FRESHLY SQUEEZED JUICE

green, ABC, pineapple, apple, orange, carrot
AED 20

CHOCO LOCO SMOOTHIE

AED 31

SUPER GREEN SMOOTHIE

AED 30

FRUIT SMOOTHIE

AED 30

MILKSHAKE

AED 20

TEA

Chamomile, Earl Grey, Green Tea, Fruit Fusion
AED 15

ICED TEA

lemon
AED 16

