



# NOURISHING MORNING

7am to 12noon

AED

## Vegan Chia-rries Pudding (VG) (N)

50

Chia, berries, almond milk, pure maple syrup topped with fresh berries

## Vegan Bircher Muesli (VG) (N)

50

Rollled oats, soya milk, almond flakes, pure maple syrup, orange zest topped with walnut, almonds, berries and pomegranate

## Shakshuka Style Vegan Scrambled (VG)

55

Tofu, tomatoes, peppers, onions, garlic, fresh turmeric and paprika served with grilled broccoli

## Vegan Cake of Pan (VG)

45

Buckwheat pancakes served with chia berry compote and pure maple syrup

## Acai-chia Muesli (VG) (N)

50

Sunflower seeds, pumpkin seeds, almond flakes and coconut milk topped with acai compote

## Warm Paleo Toast (VG) (N)

55

Guacamole, poached egg, cherry tomatoes, rocket and olive oil on flourless paleo bread

## Egg Pan (P) (KT)

55

Turkish style eggs cooked with tomatoes, capsicums, onions and coriander served with pita bread



Inspired by Michelle De La Cerda

"The majority of my early food memories take place in either of my grandmother's kitchens. These ladies cook very differently. Not one is better than the other"

## Paleo Friendly Natural Eggs on your Way (P) (KT)

55

Three farm fresh eggs your way: fried or scrambled or poached served with mushrooms and broccoli

(S) Spicy    (P) Paleo    (N) Nuts    (WF) Wheat Free    (GL) Gluten Free    (VG) Vegan    (SC) Sustainability Certified  
(H) Healthy    (O) Organic    (D) Dairy    (LC) Low-Carb    (IH) Inspired by Her    (V) Vegetarian    (RF) Regional Food

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# VIBRANT APPETIZERS AND SALAD

AED

## Paleo R' Chicken Salad (P) (KT)

65

Cajun spiced chicken, cherry tomatoes, boiled egg, rocket leaves, toasted sliced almonds and avocado with vegan pesto dressing

## Brazilian Vegan Heart of Palm (VG)

70

Cherry tomatoes, grilled avocado, cucumber, spring onion, spring lettuce with tomatoes salsa dressing.

## Vegan Quinoa Beet Salad (VG)

65

Roasted beetroot, kale, quinoa, dried figs, rocket leaves, sunflower seeds with pure maple balsamic dressing

## Heirloom Tomato Caprese (D) (N) (V)

70

Heirloom tomatoes, mozzarella cheese and rocket leaves drizzled with Pesto dressing from our own garden



### Inspired by Mary Berr

Mary describes her cooking style as 'family' - practical, healthy recipes that us a little less animal fat and incorporates lots of fresh ingredients. In June 2009, Mary was presented with a Lifetime Achievement Award by the Guild of Food Writers.

## Salmon Carpaccio (P) (SC)

70

Salmon, baby spinach, red radish, shaved fennel and capers served with a citrus dill dressing

## Thai Papaya Vegan Salad (N) (S) (VG)

60

Green papaya, cashew nut, shredded coconut, red chilies, coriander with mango lime house dressing

## Crab, Mango, Avocado Salad (P) (WF) (N) (SC)

70

Jumbo crab meat, avocado, mango, spring lettuce with lemon house vinaigrette

Savor the goodness of our Crab Mango Avocado Salad, a flavor-packed delight offering lean protein from crab, a burst of vitamin C from mango, and heart-healthy monounsaturated fats from avocado. Indulge in this vibrant creation that supports muscle growth, boosts immunity, and nourishes your body with essential nutrients.



## Paleo Balinese Style Chicken Satay (N) (P) (S)

70

Indonesian marinated chicken strips served with cashew nut sauce and spicy sambal oelek sauce

## Paleo Omega-3 Tender Coconut Salad (N) (S) (P)

75

Marinated prawns, tender coconut, cherry tomatoes, cucumber and coriander with thai creamy cashew nut dressing

## Watermelon Pizza Salad (KT)

60

Cream cheese, roasted sliced almonds, mint, green olives and honey mustard dressing

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# BOOST YOUR APPETITE

AED

## Vegan Pumpkin Soup (VG)

52

Roasted pumpkin, thai spices, coconut milk topped with basil pumpkin seed oil



### Inspired by Nigella Lawson

Nigella has been teaching us about the pleasures of the table since her first book, How to Eat, hit the shelves in 1998. She has since published several best-selling cookery books, many complementing an accompanying television series, and has become known for her sensual description of her dishes.

## Vegan Pumpkin Soup (VG) AED 52

52

Roasted pumpkin, thai spices, coconut milk topped with basil pumpkin seed oil

## Paleo Protein Chunky Soup (P) (KT)

56

Fresh Tomato broth, chunky vegetables and lean chicken topped with aged olive oil pesto

## Vegan Lentil Soup (VG)

52

Lentil, spring onion, served with lemon wedges and crispy pita bread

## GOOD ENERGY ROLLS

Served with your choice of dehydrated 37°C vegetable chips or roasted sweet potatoes or mesclun salad

## Vegan Papa Rolls (VG)

65

Green papaya, spring onions, cilantro, mango and tomatoes rolled in rice paper with coconut Thai dressing



### Inspired by Nagi X

Cooking so that you don't sacrifice taste just because you're short on time and on a budget. I'll show you how to get gourmet flavor's out of budget ingredients and how you can get organized so it's a breeze to serve up nourishing meals to your family that will knock their socks off.

## Vegan Protein Falafel Wrap (VG) (W)

65

Roasted pumpkin, thai spices, coconut milk topped with basil pumpkin seed oil

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# MIDDLE EASTERN CUISINE

AED

## Lebanese Cold Mezzeh (N) (D)

65

Hummus, beetroot moutabal, wines leaves, quinoa tabbouleh, fattoush, served with arabic bread

## Oriental Mix Grill (D) (W)

125

Lamb kofta, lamb chop, Shish taouk, shish kebab, chicken wings, grilled pita bread, yoghurt and biwaz salad

## Chicken Kabsa (N)

100

Arabian fragrant rice with chicken

## Lamb Kabsa (N)

100

Arabian fragrant rice with lamb



### Inspired by Mona Al-Aseeri

Initiative to spread the 'Kabsa culture', and more so, authentic popular cuisine; for Kabsa and Jareesh dishes,

# INDIAN RAJ CUISINE

AED

## Vegan Veggie Cashew Curry (N) (VG) (S)

65

Mélange of vegetables cooked with cashew gravy served with easy vegan paratha or brown rice



### Inspired by Mona Al-Aseeri

Initiative to spread the 'Kabsa culture', and more so, authentic popular cuisine; for Kabsa and Jareesh dishes,

## Quinoa Vegetable Biryani (D) (S) (V)

65

Seasonal vegetables and quinoa cooked with Indian traditional flavors served with papadum, raita and chutney

## Quinoa Chicken Biryani (D) (S)

75

Chicken marinated in spices and quinoa cooked with Indian traditional flavors served with papadum, raita and chutney

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# PASTA & RISOTTO

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Spaghetti or Penne or Veggie Zoodles (Spiral Zucchini) (D) (VG) (W) (P)

Your choice from:

Vegan Arabiata Hot & Spicy (S) 80

Paleo Bolognese ground beef and tomatoes sauce (P) 90

Pesto Sauce (N) 75

Cashew cream sauce (P) (VG) 80

Aglione E Peperoncino 70

Risotto Ai Piselli Allo Zafferano (D) 70

Arborio rice cooked with saffron and green peas and aged parmesan cheese



Inspired by Lucy Parker

Lucy is a recipe creator and food photographer, focusing on vegetarian and vegan meals. She enjoys creating recipes that are simple but delicious, proving you don't have to be a trained chef to whip up a tasty plate of food.

Risotto Ai Funghi (D) 70

Arborio rice cooked with wild mushroom and aged parmesan cheese

Risotto Ai Pomodori Secchi (D) 70

Arborio rice cooked with sundried and aged parmesan cheese

Chicken 20

Prawn 30

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# MAIN COURSE

## SATISFACTION

AED

### 50 Hours Paleo Short Ribs (P) (KT) (N) AED 120

65

50 hours braised beef US short ribs with asparagus, carrots, celery root and spring onion served with chump home gravy

### 24 Hours Paleo Mulwarra Shank (P) (KT) AED 120

65

24 hours braised lamb shank with roasted roots and broccolini served with gravy



### Inspired by Allegra McEvedy

Allegra became disillusioned with cooking 'posh food for rich people' while working at Robert De Niro's Tribeca Grill. Upon returning to London,

### Lava Stone Grilled Atlantic Paleo Salmon (P) (KT) (N)

90

Sautéed spinach, grilled celeriac, broccolini and kale chimichurri sauce

### Ultra Slow Braised Veal Ossobuco Milanese (D)

120

Saffron risotto, asparagus and bone marrow jus

### Healthy Nasi Goreng (N)

85

Indonesian wok tossed with your choice of quinoa or rice with prawns, chicken, spices crowned with chicken satay, poached egg accompanied with mild chili and cashew nut sauce

### Paleo Chicken Under the Brick (N) (P) (KT)

90

Sautéed mushroom, broccolini, baby carrots and cherry tomatoes served with rosemary sauce

### Great Fat Pat's Rib-Eye Steak (P) (KT)

149

US choice grade cut of Ribeye (220gm) baby carrots, zucchini, broccoli, roasted garlic and green pepper sauce

### Grilled Black Tiger Prawns (P) (KT)

120

With roasted celeriac, fennel, broccolini, roasted garlic and kale chimichurri sauce

### Surf & Turf (P) (KT)

135

Char grilled prime beef fillet and tiger prawns served with roasted celeriac, garlic, asparagus, carrots and pepper sauce

### Center Cut Filet Tenderloin (P) (KT)

149

US Choice grade center cut steak (220gm) served with baby carrots, zucchini, broccoli, roasted garlic and green pepper sauce

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# SWEETNESS FOR EVERYONE

AED

## Ice Cream (D) (Per Scoop)

Vanilla, strawberry and chocolate

20 per scoop

## Paleo Wholesome of Figs (P) (N)

Delight of cashew, figs, almond milk, pure maple syrup, forest berries and homemade compote

50

## Chocolaty Paleo Spices (P) (N)

All spices, fruity bitter cocoa cake, paleo cinnamon cream frosted coconut sugar hazelnut powder, all spice powder, coconut oil

50

## Chewy Upside down (P) (N)

Homemade exotic paleo pineapple almond powder, coconut sugar and rice milk

50

## Green Tea Avocado Treat (VG)

Vegan matcha, avocado, pure maple syrup, dates and soy yoghurt parfait topped with fresh berries

50

## Cashew Cheese (VG) (N)

Activated charcoal vegan cashew almond milk, pure maple syrup, cheesecake and cashew cream

50

## C C C Vegan Desire (VG) (N)

Desire of coconut, cocoa, cashew, almond, tofu cream and pure maple syrup

50

## Baked Cheesecake (D)

Slowly baked creamy indulgence of cream cheese folded in steamed condensed milk

50

## Mississippi Mud Cake (D) (N)

Classic cocoa mud cake finely layered with milk chocolate ganache and roasted nuts

50

## Classical Red Velvet Cake (D)

Traditional red velvet sponge layered with soft cream cheese frost folded in vanilla and citrus zest

50

## Chewy Nutella Chocolate Hot Cookie (D) (N)

Baked nutella cookie served in hot pan

50



### Inspired by Allegra McEvedy

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# KIDDIE'S GOOD VIBES MENU

	AED
<b>Droopy</b> Chicken hot dog on toasted wheat bun	30
<b>Pasta Marco Polo (H) (V)</b> Spaghetti with tomato sauce	30
<b>Simba's Lunch</b> Crispy chicken nuggets with fries	20
<b>Pop-up</b> Crunchy chicken popcorn with fries	30
<b>Tick –Track</b> French fries	25
<b>Crunch's</b> 37°C vegetable chips	25
<b>Pluto's (H)</b> Fresh fruits salad	25

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# BEVERAGE LIST

AED

## Wellness Shot

Orange, Ginger & Turmeric Wellness Shot  
Anti-inflammatory

5

## Wheat Grass

Neutralizes toxins in the body

5

## Lemon Juice

Aids weight loss

5

## Ginger Juice

Healthy digestion and immunity

5

# VITALITY DRINKS

42

Gives physical and mental strength with a feeling of vibrancy

## Rainbow

Carrot, ginger, pineapple  
Rich in antioxidants, helps to aid digestion, and gently cleanses and alkalizes the body

## Slim Down

Fresh carrots, orange, beetroot, apple and celery  
This vibrant detox juice is full of vitamin A + C, helps to remove toxins from the body, boosts energy, reduces inflammation and promotes weight loss. It also helps with digestion, increases oxygen and is great for hair and nails

## Mint Cooler

Mangoes, cantaloupe melon and fresh mint  
This drink contains high beta-carotene, converts into vitamin A and helps in individual cell protection. Carotenoids are valuable antioxidants protecting against ageing, heart disease and many forms of cancer

# COLD-PRESSED JUICES

35

Ultimate detoxifying juice, freshly squeezed in a cold-press or masticating juicer keeping intact all vitamins, minerals and enzymes to bring health to your body at a cellular level. All vegan and 100% natural and fresh.

## Red Beet

Apple, orange, ginger, beetroot and activated charcoal (super food)  
Detoxes liver, boosts immune system, excellent for brain and bones

## Beta-Carotene

Orange, lemon, carrot and red apple  
Great for skin exposure to the sun, promotes a healthy tanned colour, excellent for vision, contains high vitamins and hydrates the skin

## Sweet Green (Detox)

Cucumber, baby spinach, orange, red apple, turmeric powder (super food)  
Detoxes the blood, boosts immune system, hydrates and good for a young skin, contains vitamins and minerals, reduces inflammation and improves functions of the joints

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# SMOOTHIES

42

Smoothies are cool and healthy blended beverages made from yoghurt, ice cream, raw honey and a wide variety of fresh fruits

## Spinach Smoothie

Spinach, banana, rice milk, almond

Spinach has abilities to restore energy, increase vitality and improve the quality of the blood

Banana is loaded with essential vitamins and minerals such as potassium, calcium and manganese

Rice milk is a good source of vitamin B, promotes cardiovascular health and has lots of antioxidants

## Blueberry Sunshine

Blueberries protect from heart disease and fibre helps to lower blood cholesterol

## Paradise Freeze

Fresh banana, strawberries and mango

This smoothie contains several essential nutrients and helps digestion, heart health and weight loss

# SIGNATURE DRINKS

## Awake

Carrots, pomegranate, and beetroot | 72 kcal

## Energise

Pineapple, kale, mint leaves, and red apple | 205 Kcal

## Fuel

Kiwi, Pineapple, Raspberry, and Dates | 187 Kcal

## Motivation

Green apple, Lemon, Ginger, and Dates | 102 Kcal

## Boost

Avocado, Flax seeds, milk, and Raw honey | 402 Kcal

## Detox

Watermelon, Strawberry, fresh organic fennel, organic chia seed,

Mint leaves, and raw honey | 127 Kcal

## Relax

Berries, banana & walnut | 413 Kcal

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## COFFEE SELECTION

AED

Decaffeinated coffee / espresso / americano / macchiato

27

Double espresso / mocha / cappuccino / latte

32

With a choice of

Additional 5

Almond milk / coconut milk / rice milk / soya milk / camel milk

All coffees are served with sugar cane juice / brown sugar

## TEA SELECTION

English breakfast / earl grey / darjeeling / green / chamomile

27

## HERITAGE SELECTION

Saffron tea / Moroccan tea / ginger tea / masala chai

27

## REGULAR DRINKS

Fresh Squeezed Juices

35

Orange  
Watermelon  
Pineapple  
Sugar cane  
Green detox

Soft Drinks

27

Flavoured Water

27

Raspberry lime  
Pineapple mint  
Watermelon rosemary  
Lemon mint cucumber

Water

S/L

Aqua Fina - Mineral  
Aqua Fina - Sparkling  
Mai Dubai

15/25

15/25

15/20

Non Alcoholic Beer

35

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